NOVA SCOTIA
Senior Citizens Secretariat

Programs for Seniors 2002

Literacy Means Lifelong Learning

Inside: Valuable Information for Older Persons and Their Families

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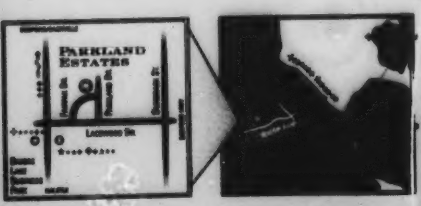

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A Message from Premier John Hamm

Seniors make significant contributions to Nova Scotia and are vital members of our communities. *Programs for Seniors* recognizes these contributions and provides valuable information on the services and programs that are available to you.

I would like to commend the Senior Citizens' Secretariat for their continued commitment to seniors. Clearly, the Secretariat, and all of our government, values your wisdom and will continue to work on issues that are important to the quality of life for all seniors in Nova Scotia.

In general, seniors today are living healthier, longer lives. I invite you to take advantage of *Programs for Seniors* and find new opportunities to make your life better, fuller and richer.

Sincerely,

John Hamm

John Hamm

A Message from the Chairperson
Honourable Jamie Muir

In Nova Scotia, seniors are vital members of our communities. You are valued as citizens who possess wisdom and can advise on ways to improve our great province.

As Health Minister and Chair of the Senior Citizens' Secretariat, I am greatly encouraged by the active role seniors are playing in health care reform here in Nova Scotia. As we continue our task of adapting the system, the guidance and input of seniors and seniors' organizations are helping us identify areas of priority and appropriate processes.

The Government of Nova Scotia has made its commitment to seniors clear. All seniors programs are now under the jurisdiction of the Department of Health to make it easier for seniors to access the programs and services they need. We have also strengthened the role of the Senior Citizens' Secretariat by appointing additional staff to aid the Executive Director in providing information, programs, and services suited to the needs of seniors. The Secretariat's enhanced role has helped increase and improve communication and consultation with seniors' organizations. This means the Senior Citizens' Secretariat will be better able to work with seniors to improve programs, services and activities that contribute to their quality of life.

Our commitment to you goes well beyond duty. It is motivated by our desire to see our seniors live longer, happier and healthier lives.

The Secretariat invites any comments you may have on this edition of *Programs for Seniors*. Our toll-free number (1-800-670-0065) is available for any questions you may have. Our staff will be happy to provide you with any information or assistance you may need.

Jamie Muir

Jamie Muir
Minister of Health

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Healthy Active Living – Be the Best You Can Be!

Senior Citizens' Secretariat is happy to announce
a new date and location for its

13th Annual 50+ expo

Date: **Friday, June 14, 2002** 9:00 am – 6:00 pm,
8:00 pm – Midnight (Dance)
Saturday, June 15, 2002 9:00 am – 6:00 pm

Location: Exhibition Park, Halifax
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For more information, please view the expo website:

www.50plusexpo.ns.ca or call us **toll-free: 1-800-670-0065**

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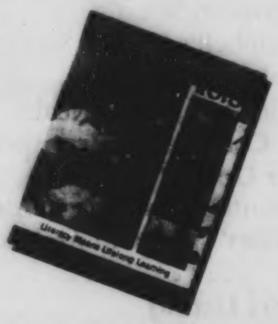
Consider advertising your program or service in the **2003 edition** of ***Programs for Seniors*** — the comprehensive resource guide for seniors that reaches 60,000 seniors, caregivers, and professionals.

Programs for Seniors is published by the Senior Citizens' Secretariat.

Contact us today for information:
Programs for Seniors 2003
c/o Senior Citizens' Secretariat
Dennis Building, 4th Floor
1740 Granville Street
PO Box 2065
Halifax, NS B3J 2Z1



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PERSONAL RECORD

Name ______________________
Address ______________________
Postal Code ______________________
Telephone ______________________
Social Insurance ______________________
Nova Scotia Health Card ______________________

Name, Address and Telephone Number Of:

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Friend ______________________
Doctor ______________________
Lawyer ______________________
Clergy ______________________
Social Worker or Counsellor
____

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Home Care ______ 1-800-225-7225
Long-Term Care ______ 1-800-225-7225
Pharmacy ______________________

Emergency Numbers:

Ambulance, Police, Fire ______ 911
Help Line ______________________
Hospital ______________________
Poison Control ______________________

When calling 911 say "This is an emergency." Tell the operator where help is needed and try to give the exact location of the emergency, if possible.

On the Cover

1. Mervyn Maxwell reads with his grandson Morgan.
2. Edith Colley bakes with her granddaughter Deondra.
3. Members of the Northwood Players, in rehearsal.
4. Members of Cape Breton Council of Seniors, at the 50+ expo, July, 2001.
5. Corrine Maxwell with her grandson Mitchell, practicing guitar.

SENIOR CITIZENS' SECRETARIAT

Programs for Seniors is prepared by the Senior Citizens' Secretariat. To request additional copies, please contact our office.

For More Information

Secretariat staff are pleased to provide information and assistance to seniors or persons acting on their behalf.

Valerie J. White *Executive Director*	(902) 424-6322
Heather Praught *Coordinator*	(902) 424-4649
Stephen Coyle *Research and Policy Analyst*	(902) 424-4735
Mary Boutilier *Administrative Assistant*	(902) 424-4737
Jane Mayer *Project Officer*	(902) 424-5874
Jane Phillips *Librarian*	(902) 424-4710

Visit Us

Drop by our office on the 4th floor of the Dennis Building, 1740 Granville Street in Halifax (8:30 am–4:30 pm, Monday to Friday).

Seniors' Information Line

Call anytime from anywhere in Nova Scotia at no charge to you.

Phone: *(Halifax Area)*	(902) 424-0065
Toll-Free:	1-800-670-0065
Fax:	(902) 424-0561

Mailing Address:
P.O. Box 2065, Halifax, NS B3J 2Z1
E-Mail: SCS@gov.ns.ca
Website:
www.gov.ns.ca/heal/seniors/senior1.htm

SENIORS' ORGANIZATIONS

Provincial Seniors' Organizations

Senior Citizens' Secretariat

Legislation was introduced at the 1980 Session of the Nova Scotia Legislature to provide for the establishment of the Secretariat. The Act designated the Ministers of Social Services, Health, Municipal Affairs and the Minister responsible for the Housing Act as constituting the Secretariat, with the Governor-in-Council having the authority to add other persons. The Ministers of Education, Culture, Recreation and Fitness were added on August 17, 1982.

The mandate of the Secretariat is to facilitate the planning and development of services and programs for seniors by coordinating plans, policies, and programs presented by the departments of the provincial government, and by developing plans, policies, and programs for and with seniors in partnership with government departments, other provincial bodies, and voluntary seniors' groups.

The members of the Secretariat include:

- **Honourable Jamie Muir**
  Minister of Health, Chairperson
  Senior Citizens' Secretariat
- **Honourable Peter G. Christie**
  Minister of Community Services
- **Honourable Angus MacIssac**
  Minister of Service Nova Scotia and Municipal Relations
- **Honourable Jane Purves**
  Minister of Education
- **Honourable Rodney MacDonald**
  Minister Responsible for the Nova Scotia Sport and Recreation Commission

Contact Information:
1740 Granville Street, 4th Floor
P.O. Box 2065, Halifax, NS B3J 2Z1

Phone: *(Halifax Area)* . . .(902) 424-0065
Toll-Free: 1-800-670-0065
Fax: . . . .(902)424-0561
E-Mail: SCS@gov.ns.ca
Website:
www.gov.ns.ca/heal/seniors/senior1.htm

Nova Scotia Centre on Aging Mount Saint Vincent University

The Nova Scotia Centre on Aging was officially opened in 1992, with a three-part mandate of education, research and outreach in the field of aging. The centre is affiliated with Mount Saint Vincent University's Department of Family Studies and Gerontology. One focus area defined by the Centre on Aging is that of care-giving to family members, including operation of the Caregiver Resource Library.

To learn more, contact:
Marlene MacLellan, Associate Director
Nova Scotia Centre on Aging
Mount Saint Vincent University
166 Bedford Highway
Halifax, NS B3M 2J6

Phone: . . . .(902) 457-6546
Fax: . . . .(902) 457-6455

The Nova Scotia Centre on Aging at Mount Saint Vincent University was established in 1992 primarily because of the persistent efforts of Dr. Fred

MacKinnon, Director of the Senior Citizens' Secretariat from 1980-1995. He saw the need for an academic centre which could provide leadership in the field of gerontology and be a resource to various sectors of the community.

Dr. F. R. MacKinnon Endowment Fund

On July 18, 1996 an endowment fund called the Dr. F.R. MacKinnon Endowment Fund was established at the Nova Scotia Centre on Aging. The fund will advance the mandate of the Centre which is to establish standards of excellence in research, continuing education and community outreach/consultation in age related issues. Income from the Endowment Fund can be used to assist students or a specific project or other needs as determined by the Centre's board. All contributions to the Fund are accepted as a charitable donation and income tax receipts will be issued. Those wishing to contribute to the fund should make their cheque payable to Mount Saint Vincent University and send it to the Dr. F.R. MacKinnon Endowment Fund
c/o Development Office
Mount Saint Vincent University
Halifax, NS B3M 2J6.

For additional information
Phone: . . . .(902) 457-6546

Gerontology Association of Nova Scotia

The Gerontology Association of Nova Scotia is a multi- disciplinary association established in 1977 to provide leadership on issues related to aging. The aims and objectives of the Association include: providing opportunities for individuals and organizations with an interest in aging to meet and share common concerns; foster networking amongst individuals and organizations; facilitate gerontological research in Nova Scotia; and serve as a consulting body on issues related to older Nova Scotians. The Association's activities include: workshops, networking, "brown bag" educational seminars, student scholarship, educational symposium, and a newsletter.

Membership is open to organizations, families, and individuals with an interest in aging. Dr. Colin Powell is the President of GANS.

For more information call:
Robin Stadnyk, Secretary
Phone: . . . .(902) 494-2614

For membership information contact:
Membership Committee
Gerontology Association of NS
P.O. Box 952, Halifax Central
Halifax, NS B3J 2V9

Canadian Pensioners Concerned Nova Scotia (CPC)

Canadian Pensioners Concerned Nova Scotia, founded in 1971, is an intergenerational, volunteer, non-profit advocacy organization which addresses housing,

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Fax: 902-457-6508
E-mail:
centre.aging@msvu.ca

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pensions and financial issues, health care, abuse, legal, transportation, and other concerns affecting older Nova Scotians, their families, and caregivers. Membership is open to anyone above the age of 18 years.

Ongoing activities include research and preparation of briefs, reports, publications and educational materials, dialogue with government and networking with other organizations, participation in conferences and meetings, sponsorship/implementation of projects, forums and workshops; and provision of information on numerous topics to the public.

Publications available from CPC (Provincial) include: *Battered and Betrayed*, an information book about Elder Abuse, *Housing Information Handbook for Older Nova Scotians, Action Through Advocacy* – an information/skills book, *My Plans for Me* – an education kit about advance health care directives, *Part of the Process* – enabling older caregiving women to participate, *The Law and Older Nova Scotians* – a handbook of Federal, Nova Scotia law, and other related issues.

CPC's walk-in information office which provides resources and referrals is staffed by volunteers Monday to Friday, 10:00 am–4:00 pm (with reduced summer hours). Monthly meetings are held on the fourth Monday of each month (excluding June, July and December).

For information contact:
Joan Lay, President
Canadian Pensioners Concerned
Nova Scotia
Starlite Gallery, Suite 325
Bayers Road Shopping Centre
7071 Bayers Road, Halifax, NS B3L 2C2

Phone: . . . .(902) 455-7684
(902) 477-5151
Fax: . . . .(902) 455-1825

Royal Canadian Legion

With 119 branches in Nova Scotia, the Royal Canadian Legion stands ready to assist Veterans, and senior citizens generally in all times of need. For years, many branches have been helping seniors with health and home support programs; as well as loans of wheelchairs, crutches, and other apparatus to seniors. Many branches provide hot lunches. Check the branch in your area for this service.

Seniors requiring assistance may call the service officer of the legion branch nearest them or contact:
Royal Canadian Legion
Nova Scotia/Nunavut Command Officer
5621 Rainnie Drive
P.O. Box 9075, Station A
Halifax, NS B3K 5M7

Phone: . . . .(902) 429-2993
Fax: . . . .(902) 429-7481

Nova Scotia Government Retired Employees Association (NSGREA)

The Nova Scotia Government Retired Employees Association is dedicated to the well-being and comfort of pensioned, former employees of the Nova Scotia Government.

The NSGREA serves as an advocate, helping to oppose restrictions or reductions by provincial and federal governments on pension benefits. The Nova Scotia Government Retired Employees Association has grown to 2,800 members since it was founded 14 years ago. All recipients of Nova Scotia Public Service Superannuation Allowance may join. Annual dues are $20.

For information, contact:
Bernie LaRusic, President
Suite 100, 800 Sackville Drive
Sackville, NS B4E 1R8

Phone/Fax: ....(902) 562-1901
Toll-free: ....1-800-677-8666, or
Sharon Braine, Membership Secretary
Phone: ....(902) 865-5050

Federal Superannuates National Association (FSNA)

The Federal Superannuates National Association (FSNA) has, since 1963, been advancing, promoting, and protecting the interest of public service, armed forces, and the Royal Canadian Mounted Police retirees.

FSNA is recognized by governments, national unions, and staff associations as the organized voice for federal superannuates.

For more information contact:
Kenneth F. Brown
Regional Director for Nova Scotia
30 Brookdale Crescent, Unit 104
Dartmouth, NS B3Z 4T7
Phone: ....(902) 463-2832
E-mail: nsfna@attcanada.ca

Federal Superannuates
National Association
1052 St. Laurent Blvd.
Ottawa, ON K1K 3B4
Phone: ....(613) 745-2559
Fax: ....(613) 745-5457
E-mail: ....info@fsna.com
E-mail: nsfna@attcanada.ca
Website: www.fsna.com

Rex Guy, National President
2362 Brow Mountain Road West
R.R.#5, Berwick, NS B0P 1E0
Phone: ....(902) 538-9523
Fax: ....(902) 538-0170
E-mail: guy@fsna.com

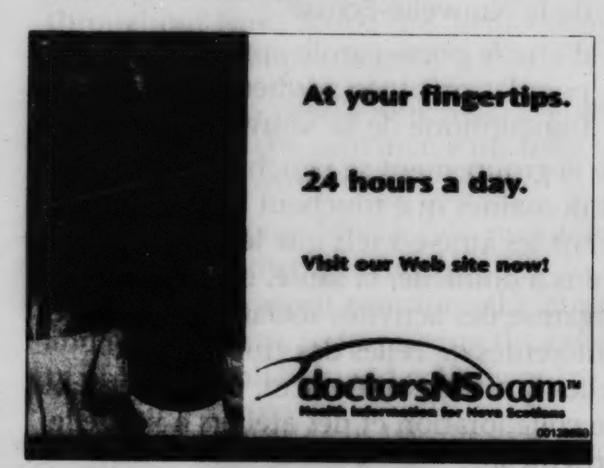
Federation of Senior Citizens and Pensioners of Nova Scotia

The Federation of Senior Citizens and Pensioners of Nova Scotia is a democratic, non-political, non-sectarian organization composed of senior citizens clubs and councils. It is affiliated with the National Federation of Senior Citizens and Pensioners.

The Federation monitors senior citizens' programs, services and benefits and advocates for their maintenance; and works closely with the eight other major senior citizens' organizations and the Senior Citizens' Secretariat of Nova Scotia.

The executive meet 3 times a year with the zone representatives. The annual convention is held in Truro in May at Keddy's Motor Inn.

For further information, contact:
Eileen Amirault, President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Phone: .... (902) 762-2058

Edda Ferguson, Secretary
25 Windsor Way
Truro, NS B2N 6Z5

Phone: .... (902) 893-1561

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P.O. Box 37
Boylston, NS B0H 1G0

Phone: .... (902) 533-3566

Fax: .... (902) 533-2386

E-mail: helen.decoste@ns.sympatico.ca

Canada's Association for the Fifty-Plus (CARP)

If you are fifty years or older, CARP is your ticket to savings on products and services, an award-winning magazine and a strong national voice!

Close to 400,000 members across the country support CARP's mission to effectively promote the rights and quality of life of mature Canadians; and its mandate to develop practical recommendations for issues raised such as an integrated health care system including homecare, the new face of retirement, agism, successful aging, retirement income and environment.

A non-profit organization, CARP does not receive government operating funding in order to maintain its independence and non-partisanship.

CARP membership is $15.95 per year ($43.95 for three years) including spouses, and CARP News which is mailed to members six times annually.

The bigger the numbers, the stronger the voice. To join CARP, please call:

Phone: .... (416) 363-8748

Fax: .... (416) 363-8747

E-mail: emurphy@fifty-plus.net

Website: www.fifty-plus.net

Your Maritime representative is:
Redvers F. Cainey
26 Millwood Drive
Sackville, NS B4E 2V3

Phone: .... (902) 864-7407

Fax: .... (902) 865-1313

Regroupement des aîné-e-s de la Nouvelle-Écosse

Historique et mandat

Le Regroupement des aîné-e-s francophones de la Nouvelle-Écosse est né lors d'un colloque tenu les 26 et 27 octobre 1994 à Halifax. Cette association provinciale est rattachée à la Fédération acadienne de la Nouvelle-Écosse (FANE).

Buts du Regroupement:

- de promouvoir les intérêts généraux et particuliers de la population aînée acadienne et francophone de le Nouvelle-Écosse
- d'assurer l'épanouissement de la population aînée acadienne et francophone de la Nouvelle-Écosse
- d'être le porte-parole autorisé de la population ainée acadienne et francophone de la Nouvelle-Écosse

Le Regroupement se penche sur des sujets et domaines que touchent particulièrement les ainé-e-s tels que les pensions, les soins à domicile, la santé, etc. En plus, il organise des activités sociales provinciales différentes de celles des clubs locaux telles que des conférences, des projets de collaboration et des ateliers à l'échelle provinciale.

Adhésion

Le Regroupement compete plus de 400 membres répartis dans les sept régions acadiennnes de la Nouvelle-Écosse soit Clare, Argyle, Chéticamp. Richmond, Halifax/Dartmouth, Sydney et Pomquet. Le Conseil d'administration du Regroupment des aîné-e-s est composé de représentant venant de chaque région.

Pour de plus amples renseignements au sujet des activités du Regroupement des aîné-e-s de la Nouvelle-Écosse ou pour devenir membre, n'hésitez pas à communiquer avec le bureau du Regroupement au (902) 433-2088.

Pour obtenir plus de details téléphoner:
M. Omer Blinn
603 Chemin à Pierre
Church Point, NS B0W 1M0

Phone: ....(902) 769-2258
Fax: ....(902) 769-2258
E-mail: oblinn@auracom.com

Nova Scotia Retired Teachers Association (NSRTA)

The Nova Scotia Retired Teachers Association has been a special association of the Nova Scotia Teachers Union since 1965. From an initial membership of 25 throughout Nova Scotia the membership now stands at approximately 4,000.

The NSRTA has twenty-one local branches throughout the province with their own local executive.

The mission of the NSRTA is to maintain contact with other retired educators, to keep informed about educational matters, and to participate in improving the quality of life for children and colleagues.

All former educators in receipt of a teachers pension are eligible for membership at $10.00 per year.

The NSRTA is a member of the Canadian Association of Retired Teachers (ACER/CAR).

For additional information contact:
Doug Manzer
8 Allison Avenue
Amherst, NS B4H 3V4

Phone: ....(902) 667-9344

Kathy Slate
Nova Scotia Teachers Union

Toll-free: 1-800-565-6788

Community Links

Community Links is a provincial network helping rural senior organizers and volunteers/service-providers share ways of meeting the needs of older residents through their community organizations. It encourages volunteer programs and services using senior leadership and community development strategies. Its membership includes 95 organizations, providing a wide range of volunteer services through a wide range of seniors' clubs, centres, drop-ins and projects as well as community health centres and boards, resource centres and other organizations.

For more information, please contact:
Canon Sid Davies, President, or
Marilyn More, Provincial Coordinator
200A Albro Lake Road
Dartmouth, NS B3A 3Z2

Phone: ....(902) 464-9558
E-mail: marilynmore@ns.sympatico.ca

Indo-Canadian Senior Group of Nova Scotia

The objectives of this organization are: to teach skills, fitness and languages and to organize recreational, cultural and fund raising activities. Presentations on various topics including those about health issues, investments, insurance, estate planning, literacy, and social benefits as well as exercise and meditation. The group meets Wednesday, 117 Bloomfield Centre, 2786 Agricola Street, Halifax.

Contact person:
President, Uma Varma
43 Golf Link Road
Bedford, NS B4A 2J1

Phone: . . . .(902) 835-8218
or
Secretary, Merrie Mills
C509, 5561 Heatherwood Court
Halifax, NS B3K 5M7

Phone: . . . .(902) 454-7213

Disabled Persons Commission

The Province of Nova Scotia established the Disabled Persons Commission in order to provide a mechanism to ensure that the concerns of persons with disabilities are promoted and considered, especially in matters of policy and where concerns affect several government departments. The Commission facilitates communication of information on programs and services available to Nova Scotians with disabilities. As well, the Commission reviews existing government policies and programs which relate to or affect persons with disabilities to ensure that they are appropriate, effective and reflect the needs and concerns of the community.

The Act provides a mechanism for persons with disabilities to become policy advisors on issues and concerns that directly affect their lives.

Disabled Persons Commission
Nelson Place, 5675 Spring Garden Road
P.O. Box 222
Halifax, NS B3J 2M4

Phone: . . . .(902) 424-8280
TTY: . . . .(902) 424-2667
Toll-free: 1-800-565-8280
Toll-free: 1-877-996-9954
Fax: . . . .(902) 424-0592
E-mail: dpcomm@istar.ca

Nova Scotia Advisory Council on the Status of Women

The Advisory Council was established by statute in 1977, with the mandate of advising the Minister Responsible for the Status of Women and of bringing forward the concerns of women.

The mission of the Advisory Council is to advance equality, fairness and dignity for all women.

The Council pursues this mission through five strategic goals:

- to increase the participation of women in the diversity of decisions that affect their lives, families and communities, with particular emphasis on those who face discrimination because of race, age, language, class, ethnicity, religion, disability, sexual orientation or various forms of family status
- to advise on ways in which legislation, government policies and programs can advance equality for women in Nova Scotia

- to promote women's economic equality
- to eliminate violence against women in communities, workplaces and families
- to improve the health and well-being of women and their families

The Council works to meet these goals through research and policy advice; through information and education; and through community and partnership development. The Council houses a 5,000 volume resource centre and publishes a newsletter four times a year.

The Council employs part-time field workers in Colchester-East Hants, Cumberland County, and Digby-Annapolis. The Council's Halifax office houses a resource centre that is open to the public Tuesday to Friday, 12:00 pm–4:00 pm.

For more information, contact:
NS Advisory Council
on the Status of Women
Quinpool Center, Suite 202
6169 Quinpool Road
P.O. Box 745
Halifax, NS B3J 2T3

Phone:	(902) 424-8662
Fax	(902) 424-0573
Toll-free in NS:	1-800-565-8662
E-mail:	nsacw@gov.ca
Website:	http://www.gov.ns.ca/staw/

Association of Halifax Regional Seniors' Councils

In order to deal with the seniors issues common to the Councils, the Seniors' Councils under the Halifax Regional Municipality decided to form, in 1997, a co-ordinating organization under the name "Association of Halifax Regional Seniors' Councils". The objectives of the Association are as follows:

- form partnerships and work in collaboration with organizations having similar objectives
- examine and discuss concerns of aging and elderly citizens residing within Halifax Regional Municipality
- offer advice and counsel government, business and community in programs and services for the people over the age of 50 years
- promote and support initiatives that enhance the well-being of people over the age of 50 years
- share with member Councils information on all matters related to seniors.

In fulfillment of its objectives the Association organizes workshops and seminars, exchanges information between the seniors' councils and tries to maintain contacts with the senior clubs of the metro area.

For further information contact:
Leo Poirier, Secretary
Alderney Drive, Apt. 301
Dartmouth, NS B2Y 4A7

Phone: . . . . (902) 469-3907

Federal and National Seniors' Organizations

Division of Aging and Seniors, Health Canada

The Division of Aging and Seniors at Health Canada works to make sure knowledge and expertise are shared to help seniors stay healthy. It acts as a central point for information at the federal government level. It also works toward facilitating our society's adaptation to the aging of the Canadian population by collaborating with partners—other federal departments, provinces, territories, as well as research and seniors' organizations.

Some of the division's activities are:

- creation and participation in research and health promotion activities in the field of seniors' health
- federal coordination of policies and programs pertaining to aging and seniors' issues
- working and consulting with partners at all levels
- liaison with seniors' organizations
- promotion and evaluation of healthy aging interventions
- production and dissemination of information for seniors and about seniors' health
- providing research and operational support to the National Advisory Council on Aging (see separate listing on page 21)

The development and delivery of innovative programs and products to enhance the health of Canadian seniors is one of the division's primary objectives. The division's publications are listed in the division's catalogue of publications and are available on the division's website.

For more information, to get a catalogue or publications, please write or call:
Division of Aging and Seniors
Health Canada
Address Locator 1908A1
Ottawa, ON K1A 1B4

Phone: . . . .(613) 952-7606
Fax: . . . .(613) 957-7627
E-mail: seniors@hc-sc.gc.ca
Website: www.hc-sc.gc.ca/seniors-aines

Population and Public Health Branch, Health Canada

Health Canada has adopted a population health approach to further its continuing mandate to maintain and improve the health of Canadians. The population health approach integrates action on a broad range of determinants that affect the health of all Canadians. To support this approach, the Population Health Fund has been created.

Health Canada's population health approach incorporates a life cycle framework which consists of three life stages: childhood and adolescence, early to mid-adulthood and later life. This approach emphasizes action on health determinants within a specific life stage and across the life span.

The goal of the Population Health Fund is to increase community capacity for action on or across the determinants of health.

To achieve this goal, Health Canada will support projects that facilitate joint planning and coordinated actions among voluntary organizations, service providers, governments and the private sector to improve population health.

Priorities for fund activities will be established by Health Canada nationally and regionally on an annual basis.

The fund is designed to support time-limited projects sponsored by Canadian voluntary, not-for-profit organizations, educational institutions, which contribute to an increased capacity for action on the determinants of population health. For more information on the fund contact the Population and Public Health Branch Office in the Atlantic Region.

Health Canada
1505 Barrington St., Suite 1802
Halifax, NS B3J 3Y6

Phone: . . . .(902) 426-1536
Fax: . . . .(902) 426-9698
Website: www.pph-atlantic.ca

National Advisory Council on Aging

The National Advisory Council on Aging (NACA) assists and advises the Minister of Health on issues related to aging and the quality of life of seniors. More specifically, the Council:

- reviews the needs and problems of seniors in Canada and recommends remedial action
- maintains contact with national, provincial, and local associations, institutions, and groups involved with or representing seniors
- stimulates public discussion on seniors' issues
- publishes reports and distributes information on aging

The Council has a maximum of 18 members from all parts of Canada. Members are appointed for two-or-three year terms. Members bring to the Council a variety of experiences, concerns and abilities.

Phone: . . . .(613) 957-1968
Fax: . . . .(613) 957-9938
E-mail: seniors@hc-sc.gc.ca
Website: www.naca.ca

Canadian Association on Gerontology (CAG)

The Canadian Association on Gerontology (CAG) is a national, multi-disciplinary scientific and educational association established to provide leadership in matters related to the aging population. A registered Canadian charity, the CAG was formed on October 15, 1971 and is a member of the International Association on Gerontology.

Its mission is the development of theoretical and practical understanding of individual and population aging through multi-disciplinary research, practice, education and policy analysis in gerontology.

Its membership is a dynamic mix of people interested in the field of gerontology including health care professionals, researchers, academics, administrators, government representatives, national organizational executives, students and seniors.

In order to accommodate the extensive interests and expertise of its members, the CAG has five divisions:

- Health and Biological Sciences
- Social Sciences
- Social Policy and Practice
- Psychology
- Educational Gerontology

For more information, contact:
Linda O'Rourke, Executive Director
The Canadian Association on Gerontology
100-824 Meath Street
Ottawa, ON K1Z 6E8

Phone: (613) 728-9347
Fax: (613) 728-8913
E-mail: info@cagacg.ca
Website: www.cagacg.ca

Canadian Snowbird Association

The Canadian Snowbird Association is a national, non-partison, non-profit organization created to represent the health-care, social and economic interests, needs and concerns of Canadians who travel.

Membership in this democratic group of over 100,000 Canadians provides a united and powerful voice in the defence of rights and privileges Canadians have earned. Major achievements in improving out-of-country medical health coverage and the provision of supplemental insurance have established the Association as the pre-eminent voice of Canadian Snowbirds.

Members also benefit from many services such as the quarterly CSA News Magazine, financial planning advice, auto club, group tours, currency exchange, auto and home insurance and motel discounts.

For further information, insurance and services, please contact:

The Canadian Snowbird Association
180 Lesmill Road
North York, ON M3B 2T5

Toll-free: 1-800-265-3200
Website: www.snowbirds.org

For local and regional concerns:
Jack Kiuru, Nova Scotia Director
1207-5959 Spring Garden Road
Halifax, NS B3H 1Y5

Phone: (902) 422-2036
Fax: (902) 423-3558
E-mail: Kiurujk@aol.com

Assemblée des aînées et aînés francophones du Canada

L'Assemblée des aînées et aînes francophones du Canada est un organisme national voué à la défense et à la promotion des droits des personnes âgées francophones de 50 ans et plus. Fondée en novembre 1992, l'Assemblée regroupe aujourd'hui 22 associations de personnes aînées dans les 10 provinces et trois territories du Canada et represénte 435 000 membres de nos affiliés. Elle est la seule voix francophone des personnes aînées sur la scéne nationale. Ses buts et objectifs sont de:

- regrouper des personnes âgées à la retraite et préretraite
- assurer les échanges d'idées d'un bout à l'autre du pays
- entreprendre des études pour favoriser la qualité de vie dans la vieillissement
- diffuser des renseignements sur les services disponibles
- offrir des suggestions pour améliorer le vieillissement
- valoriser les compétences de ses membres dans la société
- favoriser l'épanouissement de la jeunesse pour les préparer à mieux affronter l'avenir

L'Assemblée publie des documents, sondages, mémoires, études et bulletins d'information sur les soins de santé, les services sociaux, le logement, la sécurité du revenu et d'autres sujets pour améliorer la qualité de vie dans le vieillissement.

Pour devenir membre ou pour avoir plus de renseignements, veuillez communiquer avec notre Bureau national :

Assembleé des AAFC – CP 198
Pointe-de-l'Église, NS BOW 1MO

Téléphone: . . . .(902) 837-1081
Télécopieur : . . . .(902) 837-1082
Courriel : bureau@aafc.ca
Site Web : www.franco.ca/aafc

INFORMATION SERVICES AND HELP LINES

Information and Telephone Numbers

Adult Protection Services
Phone: 1-800-929-8992
. . . . 1-800-225-7225

Atlantic Blue Cross Care
Phone: 1-888-857-2583

Better Business Bureau
Phone: . . . .(902) 424-6581

Canadian Direct Marketing Association
Call to remove your telephone number from the lists of telemarketing firms.
Phone: . . . .(416) 391-2362

College of Physicians & Surgeons
Phone: . . . .(902) 422-5823

Debtor Assistance
Halifax
Phone: . . . .(902) 424-3961
Bridgewater
Phone: . . . .(902) 543-0599
Kentville
Phone: . . . .(902) 679-5134
Sydney
Phone: . . . .(902) 563-0535
Yarmouth
Phone: . . . .(902) 742-7985
New Glasgow/Antigonish
Phone: . . . .(902) 752-0975
Port Hawkesbury
Phone: . . . .(902) 625-4092
Truro
Phone: . . . .(902) 893-6280

Federal Income Security
Toll-free: *(English)* 1-800-277-9914
Toll-free: *(French)* 1-800-277-9915

Federal Information Line (Reference Canada)
Toll-free: 1-800-667-3355
Phone: . . . .(902) 461-9999
. . . . (902) 426-2911

Government of Canada
Toll-free: 1-800-O-Canada
Toll-free: 1-800-622-6232

GST
Phone: . . . .(902) 426-3972
Toll-free: 1-800-959-1953
Toll-free: 1-800-667-1323

Income Tax Office
Toll-free: 1-800-959-1953

Insurance Bureau of Canada
Toll-free: 1-800-565-7189

MSI
Phone: . . . .(902) 496-7008
Toll-free: 1-800-563-8880

Nova Scotia Medical Society
Phone: . . . .(902) 468-1866

Pharmacare
Phone: . . . .(902) 429-6565
Toll-free: 1-800-544-6191

Phone Busters
Toll-free: 1-888-495-8501

Property Tax Rebate
Toll-free: 1-877-296-9338

Provincial Superintendent of Insurance
Phone: ....(902) 424-5528

Home Care and Long-Term Care
Toll-free: 1-800-225-7225

Volunteer Net
Halifax
Phone: ....(902) 423-1368
Sydney
Phone: ....(902) 539-9063
Shelburne
Phone: ....(902) 875-2208

Provincial Government Enquiry Services

Public Enquiries

Public enquiries officers respond to telephone, written, and e-mail enquiries about provincial government services, programs and initiatives. The service offers a province-wide, toll-free telephone line.

For information contact:
Public Enquiries
Service Nova Scotia and
Municipal Relations
1505 Barrington Street, 8th Floor North
Halifax, NS B3J 3P7

Phone: ....(902) 424-5200
Toll-free: 1-800-670-4357
Fax: ....(902) 424-0720
E-mail: public-enquiries@gov.ns.ca
Website:
www.gov.ns.ca/snsmr/contact/pubenq.stm

Access Nova Scotia

Halifax Access Centre
6960 Mumford Road
West End Mall
Halifax, NS B3L 4P1

Fax: ....(902) 424-2633
Toll-free: 1-800-670-4357

Dartmouth Centre
Super Store Mall
650 Portland Street
Dartmouth, NS B2W 6A3

Antigonish Centre
20 St. Andrews Street
Antigonish, NS B2G 2L4

Fax: ....(902) 863-7490
Toll-free: 1-800-670-4357

Kentville Centre
28 Aberdeen Street
Kentville, NS B4N 2N1

Fax: ....(902) 679-6094
Toll-free: 1-800-670-4357

Sydney Centre
380 Kings Road
Moxham Centre
Sydney, NS B1S 1A8

Fax: ....(902) 563-3399
Toll-free: 1-800-670-4357

Truro Centre
35 Commercial Street, Suite 101
Truro, NS B2N 3H9

Phone: ....(902) 893-6280
Fax: ....(902) 893-6108

Yarmouth Centre
Centre Town Square
328 Main Street, Suite 10
Yarmouth, NS B5A 1E4

Phone: ....(902) 742-0750
Fax: ....(902) 742-0019

Bridgewater Centre
77 Dufferin Street
Bridgewater, NS B4V 3W8

Phone:	(902) 543-0661
Fax:	(902) 543-0599

Federal Government Enquiry Services

General Enquiries

When you need information about federal programs and services, new initiatives, or information products, call toll-free or visit the website. This is your primary access point to the Government of Canada.

Toll-free:	1-800-O-Canada 1-800-622-6232
Website:	http://canada.gc.ca

Programs and Services for Seniors

Toll-free:	1-800-O-Canada
Toll-free:	1-800-622-6232
Website:	www.seniors.gc.ca

Publications

Toll-free:	1-800-635-7943
Fax:	(613) 941-5383
TTY	1-800-465-7735
Website:	http://publications.pwgsc.gc.ca

Did You Know?

Nova Scotia has the highest proportion of seniors in Atlantic Canada and the third highest in the country, behind Saskatchewan and Manitoba.

Other Information Services and Help Lines

Provincial Seniors' Information Line Senior Citizens' Secretariat

The Senior Citizens' Secretarat operates a toll-free information line for seniors. This means seniors will incur no long distance charges for calls to the Secretariat. Seniors or persons acting on their behalf may call this number with their concerns or questions, and the staff will be pleased to provide the appropriate assistance and information.

For information and assistance:

Phone:	(902) 424-0065
Toll-free:	1-800-670-0065
E-mail:	scs@gov.ns.ca

(A telephone answering system will record all requests and messages received after hours, on weekends and holidays. These will be answered promptly the next working day).

Seniors' Info Line VON Greater Halifax

VON Greater Halifax offers trained volunteers to provide information to seniors regarding the various programs and services offered in the Halifax Regional Municipality for seniors. The Info Line is open Monday through Friday, 9:00 am–4:00 pm.

Phone:	(902) 454-5755
TDD	(902) 454-6696

Senior Info Line VON Lunenburg

VON Lunenburg offers an information and referral service to all seniors and their families living in Lunenburg County. The information line is open Monday through Friday, 9:00 am–4:00 pm.

Phone: . . . .(902) 624-1897

Shelburne Seniors' Infoline

The Shelburne Seniors' Infoline is located at the RDA office in Barrington. Telephone messages are recorded and returned.

Contact: Elizabeth Rhuland
Phone: . . . .(902) 637-2667
Toll-free: 1-800-565-0397

Help-line/Outreach Seniors' Infoline

Two telephone lines are located at the Valley View Villa in an area called "The Seniors' Centre". Seniors in need may call. The system is staffed by volunteers from 10:00 am–3:00 pm, Monday to Friday.

Calls received after hours are answered by a recorded message and these calls are returned during regular hours.

For assistance, contact:
Phone: . . . .(902) 752-8400

Sydney Seniors' Infoline

The Sydney Volunteer Resource Centre is available to answer questions from seniors in the local area. For information and referral, contact:
Phone: . . . .(902) 562-1245

General Help Lines

The following help lines are lay-counselling, information and referral telephone services. These lines are staffed by trained community volunteers and the service is strictly confidential.

Metro Help Line
Metro Halifax
24 hours/day, 365 days/year
Phone: . . . .(902) 421-1188
(Voice or TDD)

Help Line South Shore
Lunenburg/Queens Counties
6:00 pm–12:00 am
Toll-free: 1-800-589-9026

Valley Care Help Line
Wolfville to Digby
7:00 pm–12:00 am
Toll-free: 1-800- 825-4884

Help Line Yarmouth
7:00 pm–12:00 am
Phone: . . . .(902) 742-1331

VITAL STATISTICS, CERTIFICATES, AND IDENTIFICATION CARDS

Proof of Age

Many reductions and benefits are available to senior citizens. To receive them, however, you are expected to prove your age. This is especially important when you are applying for government pensions and benefits. A copy of your birth or baptismal certificate should be included with your pension application form. If these are not available, other documents are often accepted to establish age.

Baptismal Certificates

The church where you were baptised may supply you with a baptismal certificate. If you do not know the specific church, write the central office of your religious denomination. They may have duplicate records.

Marriage, Birth and Death Certificates

If you were born in Canada, you may obtain your birth certificate by writing to the Vital Statistics Branch of the province in which you were born. In Nova Scotia, the Vital Statistics Division of Service Nova Scotia and Municipal Relations provides marriage, birth and death certificates.

The fee for each wallet-sized certificate is $20. Your application must contain your full name (first, middle, and last), the date and place of the event; and, in the case of birth certificates, your parents' full names (including mother's maiden name), as well as your father's and mother's birth place. You must also state the reason for your request.

Marriage, birth and death certificates can be obtained in person 8:30 am–4:30 pm, Monday to Friday, or you may apply in writing. Contact:

Vital Statistics Office
1690 Hollis St
P.O. Box 157
Halifax, NS B3J 2M9

Phone: . . . .(902) 424-4381
(information recording)

Toll-free: 1-877-848-2578

Fax: . . . .(902) 424-4143

E-mail: vstat@gov.ns.ca

Applications may be made on-line using Visa or MasterCard at:

Website: www.gov.ns.ca/snsmr/vstat

If you require additional assistance or if you were NOT born in Canada, the Vital Statistics Office may be able to provide you with information on where to write for a foreign birth certificate:

Phone: . . . .(902) 424-4381

For further assistance, you may contact: Income Security Programs Office.

Toll-free: *(English)* 1-800-277-9914

Toll-free: *(French)* 1-800-277-9915

Social Insurance Number

To obtain a Social Insurance Card or to replace a lost or stolen card, seniors can contact their nearest Human Resource Centre of Canada. See page 36.

Seniors' Card

Three months after receiving your first Old Age Security Cheque you will receive a seniors' card from the federal government.

To contact the OAS office concerning this card, call:

Toll-free: *(English)* 1-800-277-9914

Toll-free: *(French)* 1-800-277-9915

Drivers' License

The Registry of Motor Vehicles now issues a photo drivers' license valid for a period of up to five years. The cost to renew a driver's licence is now $49.00. People with special needs, including seniors, may schedule a time to renew their license rather than standing in line for extended periods of time. For more information, contact:

Toll-free: 1-800-898-7668

Photo IDs

Service Nova Scotia and Municipal Relations is pleased to offer an identification card service through all of its Registry of Motor Vehicles offices and at Access Nova Scotia Centres in Kentville, Dartmouth, Halifax, Sydney and Antigonish.

The process is simple. Those wanting a photo ID must present one of the following combinations:

- drivers licence plus two other pieces of identification
- birth certificate plus two other pieces of identification
- driver's licence or birth certificate plus one other piece of identification and a statutory declaration

The fee for the service is $14 and the card is valid for five years.

Toll-free: 1-800-898-7668

Passports

For information on passports, contact the Passport Office. Office hours are Monday to Friday, 8:30 am–4:30 pm.

Passport Office
1505 Barrington Street, Suite 1508
Maritime Centre Building
Halifax, NS B3J 3K5

Toll-free: 1-800-567-6868

Congratulatory Message Service

The Nova Scotia Protocol Office offers a congratulatory message service from the Premier of Nova Scotia to Nova Scotians celebrating 25+ anniversaries, and 65+ birthdays in five year intervals. The Protocol Office will also, if requested, contact the following additional offices:

- The Queen (60th anniversaries, 100th birthdays only)
- Governor General
- Prime Minister
- Lieutenant Governor
- Member of Parliament
- Members of the Legislative Assembly

Requests should be submitted at least six weeks in advance of the celebration, with the exception of the Queen, who requires eight weeks advance notice. Her office also requires proof of age or marriage.

For further information, contact:
Certificate Co-ordinator
Protocol Office
One Government Place
Barrington Level, 1700 Granville Street
Halifax, NS B3J 2Y3

Phone: ....(902) 424-4463
Fax: ....(902) 424-4309
Website: http://www.gov.ns.ca/prot

CONSUMER PROTECTION

Service Nova Scotia and Municipal Relations

Service Nova Scotia and Municipal Relations provides assistance to Nova Scotians in issues related to the marketplace, financial matters, or consumer complaints.

Debtor Assistance

The department provides financial counselling to families and administers the orderly payment of debt provisions of the Bankruptcy Act. These provisions enable consumers to repay their debts over three to five years, while freezing interest costs at five per cent. Consumers are also assisted through consumer proposals under the Bankruptcy Act, which can provide flexibility in restructuring debt.

Phone: . . . .(902) 424-3961
Toll-free: 1-800-670-4357

Licensing

The department examines and licenses many business people, including agents for real estate, collection and insurance companies, cemetery and funeral services, direct sellers, mortgage brokers and lenders. If consumers are concerned that the person with whom they are dealing is not licensed, or is not providing adequate service, they should call the Service Nova Scotia and Municipal Relations.

Phone: . . . .(902) 424-5851
Toll-free: 1-800-670-4357

Inspection and Compliance

The department investigates and audits the agents and companies that are licensed by the department.

Phone: . . . .(902) 424-5851
Toll-free: 1-800-670-4357

Financial Institutions and Revenue

The division regulates financial institutions such as trust and loan companies, credit union and insurance companies, and responds to consumer concerns about their practices and their agents.

Phone: . . . .(902) 424-6331
Toll-free: 1-800-670-4357

Residential Tenancies and Consumer Complaints

This section is in charge of mediating tenancy complaints between landlords and tenants, whether they involve the return of security deposits, unpaid rent, the condition of the apartment, discontinuance of services or other problems.

Consumer complaints about the practices of licensed individuals are carefully investigated, particularly those related to trust monies.

Condominiums are also registered with this division, and seniors having concerns about the declaration, by-laws and rules governing their units can check with this department for more information.
For more information contact:

Phone: . . . .(902) 424-5200
Toll-free: 1-800-670-4357

Dartmouth Access Centre
Atlantic Superstore Mall
650 Portland Street
Dartmouth NS B2W 6A3

Phone: . . . .(902) 424-4188
Fax: . . . .(902) 424-8652

Halifax Access Centre
West End Mall
6960 Mumford Road, Halifax, NS

Phone: . . . .(902) 424-4188
Fax: . . . .(902) 424-0711

Did You Know?

7,600 Nova Scotians will celebrate their 65th birthday in 2002.

Better Business Bureau of the Maritime Provinces Inc.

The Better Business Bureau receives, investigates and acts upon valid complaints regarding alleged misrepresentations and irregular practices in the advertising and selling of merchandise services, etc.; furnishes, upon request, available information concerning the business practices of firms dealing with the public; and, offers a CAMVAP program which assists you to resolve disputes with automobile manufacturers; and, offers educational materials and general information to educate the consumer about the marketplace. The office is open 10:00 am–3:00 pm weekdays.

For more information, contact:
Louis Gannon, Executive Director
1888 Brunswick Street, Suite 601
Halifax, NS B3J 3J8

Phone: *(Inquiries)* ......(902) 422-6581

Phone: *(Complaints)* ....(902) 422-6582

Phone: ....(902) 422-6583
(Charity and False Advertising Inquiries)
A 24 hour automated voice response system is in operation

Fax: ....(902) 429-6457

E-mail: bbbns@bbbns.com

Website: http://www.bbbns.com/bbbns

Yarmouth Office
368 Main Street, Suite 103
Yarmouth, NS B5A 1E9

Phone: *(Inquiries)* ......(902) 742-2432

DEATH AND BEREAVEMENT

Making Things Easier for Those You Leave Behind — Arranging Your Affairs

The period following a death is highly emotional. A little bit of pre-planning can spare your friends and family from confusion, worry, some agonizing decisions, and legal entanglements. Do you know where your important papers and documents are located? If you do not, it is unlikely that your survivors will be able to find these papers.

Your immediate family or friends should be entrusted with the location of your personal documents. This matter is best done by preparing a list of your most important documents, and keeping them in one location. You should include these documents in your record:

- birth certificate
- social insurance number
- will
- insurance policies
- mortgages
- deeds
- tax bills
- leases
- debts, and
- bank accounts

Following the death of a spouse or loved one it is necessary to contact various government and private companies and advise them to terminate programs. A brief listing of contacts follows:

- Human Resources Development Canada, Income Security Programs *(Old Age Security Pension, Canada Pension, Veterans Pension)*
- private pension board of previous employer
- Nova Scotia Department of Health re Pharmacare
- Nova Scotia Registry of Motor Vehicles re driver's licence
- insurance companies
- credit card companies

Funeral Plans

When someone dear to you dies, it is important to find his/her instructions concerning funeral arrangements and bequeathing the body for medical research or organ donation.

Funeral arrangements can be very expensive. Ask for detailed estimates before committing yourself, and try to cut costs by eliminating the items you consider to be least important. Cremation is one available alternative.

In situations where there is little or no money for funeral expense, assistance may be available through the Community Services office. If the deceased was a war veteran, Veterans Affairs Canada may also provide assistance. For members of religious organizations, you should call your clergyman first.

Last Post Fund Veterans Funeral Services

The Last Post Fund is a non-profit national corporation with branches across Canada. Its purpose is to arrange and pay for the funeral and burial of qualified war veterans.

Applications for reimbursement of funeral and burial costs may also be submitted for consideration up to one year following the death of a war veteran.

For more information on how to qualify for these benefits, contact:
Last Post Fund, Nova Scotia Branch
Suite 108, 6080 Young Street
Halifax, NS B3K 5L2

Phone: . . . .(902) 455-5283
Fax: . . . .(902) 455-4058
Toll-free: 1-800-565-4777
E-mail: lpfnsb@attcanada.net
Website: www.lastpostfund.ca

ATLANTIC FUNERAL HOMES

Caring people offering gentle guidance for more than 10 years.

For more information about the services we offer, please call, anytime.

Halifax 453-1434 **Dartmouth** 462-1434 **Sackville** 864-1434

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• Low cost cremation lots & niches •
• FREE Scattering Garden • MILITARY SECTION •

Call for FREE Brochure and Information

443-7891

www.fernwoodmemorialpark.com

Death Certificate

In most situations funeral directors look after the arrangements and have the death registration submitted to the Deputy Registrar General. If you require copies of the death certificate for any purpose, they may be obtained for a fee of $20 each from:

Deputy Registrar General
Service Nova Scotia and
Municipal Relations
P.O. Box 157
Halifax, NS B3J 2M9

Phone: . . . .(902) 424-4381
(tape recorded message)

Toll-free: 1-877-848-2578

Death Benefits

Several pension plans include survivor benefits. All sources of income for the deceased should be checked to see what provisions are made for survivors. Because of the ways pensions and annuities are treated under the Income Tax Act, it is important for a surviving spouse to examine all options. Plans to consider are: Old Age Security, Canada Pension Plan Death Benefit, Surviving Spouse's Benefit, Dependent Childrens' Pension, and any private pension plans, i.e. military pensions, company and/or other work related plans. If you need assistance with this, consult an accountant.

Palliative Care

Palliative care is the combination of active and compassionate therapies intended to comfort and support individuals and families who are living with or dying from progressive life threatening illness, or who are bereaved — *CPCA 1997.*

Palliative Care

- affirms life and regards dying as a normal process
- neither hastens nor prolongs death
- provides relief from pain and other distressing symptoms
- integrates the physical, psychosocial and spiritual aspects of care
- offers a support system to help patients live as actively as possible until death
- offers a support system to help the family cope during the patient's illness and in their own bereavement

— *WHO 1990*
(World Health Organization)

Nova Scotia Hospice/Palliative Care Association

The Nova Scotia Hospice/Palliative Care Association exists to promote the philosophy and principles of palliative care, to provide education for its members and the public, and to become the recognized voice for palliative care in the province. The Association has two principle goals:

- optimum palliative care should be accessible to all Nova Scotians
- health care professionals in Nova Scotia should have the knowledge and skills to provide such care

Contact:
Dennis MacDonald, President
Suite 293, 75 Lavinia Street
New Glasgow, NS B2H 1N5

Phone: . . . .(902) 752-7600 ext 2022

Fax: . . . .(902) 755-2356

A directory of palliative care and support services available in Nova Scotia has been compiled. The information contained in the directory includes provincial listings for palliative care and hospice services by region.

For a copy of the directory, contact:
Senior Citizens' Secretariat
1740 Granville Street, 4th Floor
Dennis Building
P.O. Box 2065
Halifax, NS B3J 2Z1

Phone: . . . .(902) 424-0065
Toll-free: 1-800-670-0065

Palliative Care Program Queen Elizabeth II Health Sciences Centre

This service is available to patients and families coping with limited life expectancy. The emphasis of the program is on providing the greatest possible relief of suffering and maintaining the highest possible quality of life. Referrals are accepted from acute and long-term care sections at QEII, from other area hospitals and from family physicians. The focus is on assisting with pain and symptom management and helping the patient to return home, if possible. Home support through the larger metropolitan area is available through collaboration with family physicians and community agencies. A ten bed in-patient care unit is available at the Victoria General Site to assist with difficult pain and symptoms management. Bereavement support is also available to families through phone calls, small support groups and memorial services.

For additional information, contact:
Palliative Care Program
Queen Elizabeth II Health Sciences Centre
Victoria General
1278 Tower Road
Halifax, NS B3H 2Y9

Phone: . . . .(902) 496-3119
(902) 428-3418
Fax: . . . .(902) 473-3103

Northwood Hospice Service

Northwood Hospice Service has been in existence since 1984. Currently, two RNs with experience in pain and symptom assessment and management provide a consultation service for residents in care at Northwood, and in the apartments. They help to coordinate a multidisciplinary team of health professionals and

NORTHWOOD
Lifeline
Personal Response and Support Services

Your personal connection to people who care ...

1-800-461-3346
492-3346

Lifeline is available throughout Nova Scotia
A not-for-profit service of
Northwood Homecare Ltd.

hospice trained volunteers to provide a holistic approach to meeting the needs of residents. Through Northwood Homecare, the hospice volunteers can be accessed to assist Northwood Homecare staff in the care of palliative care clients at home. The Service utilizes Northwood's policy and procedures to assist residents and their families in the preparation of advance directives in health care, and in making care decisions.

Phone:	(902) 454-8311
Fax:	(902) 455-6408

ELDER ABUSE

Adult Protection Legislation

The Adult Protection Act provides a means whereby all persons in Nova Scotia 16 years of age and over, who lack the physical and mental ability to adequately care and fend for themselves, can be protected from abuse and neglect. Anyone who has information, even if it is confidential or privileged, regarding a person 16 years of age or older being abused or neglected and who is physically or mentally incapable must by law report that information to the appropriate authorities. No action shall be taken against a person who gives information unless the giving of the information is done maliciously or without reasonable and probable cause.

Suspected neglect or abuse must be reported to Adult Protection Services, Continuing Care Division, Department of Health.

For more information about Adult Protection Services, or to make a referral, call 1-800-225-7225.

Elder Abuse Resource Directory

This directory may be of assistance to individuals seeking information and services pertaining to elder abuse. To access *Battered and Betrayed*, an information book about elder abuse, contact:

Canadian Pensioners Concerned
Starlite Gallery, Suite 325,
Bayers Road Shopping Centre
7071 Bayers Road
Halifax, NS B3L 2C2

Phone:	(902) 455-7684
Fax:	(902)455-1825
E-mail:	cpc@ns.sympatico.ca

Senior Support Network Kings County

The issue of abuse against seniors is a difficult one to address. The Senior Support Network attempts to do so in several ways. It has resources and provides education sessions on abuse against seniors and gets people talking about the issue. Prevention and intervention is facilitated when communities feel free to talk about it rather than ignore it. The Network offers support to older adults who have suffered various forms of violence. This might include people who are now experiencing or have experienced physical, emotional, social or financial abuse; perhaps someone who has been a victim of fraud or robbery. Often times, having someone to talk to without fear of being judged or blamed can help us cope with the effects of violence. The Network offers peer counselling. This may help in identifying alternatives and empower the individual to make decisions. It offers advocacy for individuals who may require assistance in accessing services in their community.

The Senior Support Network has trained volunteers in Kings County ready to offer older adults these support and advocacy services in any way they feel necessary. If the support or services required by the individual exceeds the scope of this program, appropriate referrals will be made.

For more information or to make a referral, please contact the coordinator:
Pam McKinley, BSW, RSW
Phone: ....(902) 690-2123 (local)
Toll-free: 1-800-494-6135
E-mail: seniorsupport@vonannvalley.ns.ca

SAFETY AND SECURITY

Senior's Universal Safety Net

Operating under the sponsorship of Canadian Pensioners Concerned NS and in partnership with the Halifax Regional Police and Scotiabank, Senior's Universal Safety Net endeavours to provide seniors with up to date crime prevention information and techniques.

This is accomplished by drawing upon the expertise of trained senior volunteer speakers who present interactive and informative presentations regarding Money Matters (how to protect your money), ABC's of Fraud (become a tough target against fraud) and Home and Personal Safety (how to protect yourself and your home).

All presentations are free of charge to interested senior groups. For more information or to book one, two or all three presentations, please contact:

Debbie Sullivan, Program Coordinator
Pat Baker, Assistant Coordinator
Phone: ....(902) 455-7684

RCMP Seniors' Safety Program

The RCMP Seniors' Safety Program is a community based service that is bringing the RCMP into the hearts and homes of our communities. It gives seniors an opportunity to have their questions and concerns addressed on an individual basis in their own homes. This program is opening the lines of communication so that seniors and the RCMP are working together to help prevent crime and keep communities safe. The Safety Program provides information for seniors and their families on personal safety and household security, consumer frauds and scams, health and medication safety, and general information on the legal system. The program is free of charge and available to seniors in Annapolis, Kings, and Pictou Counties through the Royal Canadian Mounted Police. For more information or presentations on this program please contact:

Annapolis County RCMP
Sharon Elliott
Box 340
Bridgetown NS BOS 1CO
Phone: ....(902) 665-4481
(902) 825-2000
(902) 638-8825
Fax: ....(902) 665-2822

Pictou County RCMP
Barbara Dewtie
Box 2320
Stellarton NS BOK 1SO
Phone: ....(902) 396-3855
Fax: ....(902) 369-1389

Kings County RCMP
Kim Levy
18 Jones Road
New Minas NS B4N 3N1
Phone: . . . .(902) 679-5555
(902) 538-3666
(902) 765-3317
(902) 542-3817
Fax: . . . .(902) 681-2111

Antigonish Town and County RCMP
Laurie Smith
4 Fairview Street
Antigonish NS B2G 1R3
Phone: . . . .(902) 863-6500
Fax: . . . .(902) 863-5570
E-mail: laurie.smith@cmp-grc.gc.ca

Windsor RCMP
Bonnie Cookson
140 Morison Drive
P.O. Box 2290
Windsor, NS B0N 2T0
Phone: . . . .(902) 798-2207
Fax: . . . .(902) 798-8193

EMPLOYMENT

Human Resources Development Canada

Human Resource Centres provide information and service regarding Employment Insurance Programs through the following telephone numbers:

Did you know?

If you have a low or modest income, you could be eligible for additional Old Age Security (OAS) program benefits

-the Guaranteed Income Supplement (GIS) for OAS pensioners,

-the Allowance for 60 to 64 year-old spouses or common-law partners of GIS recipients, and

-the Allowance for the survivor for 60 to 64 year-old widowed spouses or common-law partners.

For more information or to find out if you are eligible, please call : **1 800 277-9914.**

Le saviez-vouz?

Si votre revenu est faible ou modeste, vous pourriez être admissible à d'autres prestations du Programme de la sécurité de la vieillesse (SV)

- le Supplément de revenu garanti (SRG) pour les pensionnés de la SV,

- l'Allocation pour les époux ou conjoints de fait de bénéficiaires du SRG, âgés entre 60 et 64 ans, et

- l'Allocation au survivant pour les personnes âgées entre 60 et 64 ans dont l'époux ou le conjoint de fait est décédé.

Pour de plus amples renseignements ou si vous désirez savoir si vous êtes admissible, veuillez composer le : **1 800 277-9915.**

Human Resources Development Canada | Développement des ressources humaines Canada

Canada

Halifax Regional Municipality

Phone: *(English)*	(902) 426-8490
Phone: *(French)*	(902) 426-1895

Industrial Cape Breton

Phone: *(English)*	(902) 564-7200
Phone:	(902) 564-7145

Elsewhere in Nova Scotia

Toll-free: *(English)*	1-800-206-7218
Toll-free: *(French)*	1-800-808-6352

Seniors for Seniors/ Seniors for Business

Serving the needs of older adults and senior citizens, Seniors for Seniors provides several programs such as homemakers, handy-persons, home cleaners, and companions. Seniors for Business is a temporary help and permanent employment agency for office personnel 50 years of age and older.

For more information, contact:
Howard Court, President or
Janet Wilson, Supervisor Home Care
7001 Mumford Road, Tower 1, Suite 819
Halifax, NS B3L 4N9

Seniors for Seniors

Phone: *(Halifax Region)*	(902) 454-3674
Phone: *(Truro)*	(902) 897-7355
Phone: *(New Glasgow area)*	(902) 719-6643

Seniors for Business

Phone:	(902) 454-6368
Fax:	(902) 454-0616

A Visit Into the Past

Re-live your memories of rural Nova Scotia during a visit to historic **Ross Farm Museum**, just 15 minutes from Chester Basin on Route 12 in New Ross (Exit 9 off Hwy. 103).

Website: http://museum.gov.ns.ca/musdir/rossfarmmuseum.htm

GOVERNMENT FINANCIAL PROGRAMS

Federal Government Retirement Income Programs

Old Age Security Program and Canada Pension Plan

Human Resources Develoment Canada administers the Old Age Security Program and Canada Pension Plan.

Effective July 31, 2000, legislative changes to the Old Age Security Program and the Canada Pension Plan extend

SENIORS FOR SENIORS

We offer the services of empathetic senior citizens and older adults to assist other senior citizens.

Our personnel are available in the mornings, afternoons, evenings or the weekends, overnight or on a live-in basis.

They prepare meals, whether breakfast, lunch or dinner and perform light housekeeping duties.

For a free brochure outlining our rates and services, call:

Metro (902) 454-3674
Truro 1-902-897-7355

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benefits to persons living in same-sex common-law relationships. Same-sex common-law partners have the same benefits and obligations as opposite-sex common-law partners.

To arrange an appointment, or to ask questions about CPP or OAS, please call Human Resources Development Canada free of charge at:

Toll-free: *(English)* 1-800-277-9914
Toll-free: *(French)* 1-800-277-9915
TTY: 1-800-255-4786
Websites: www.hrdc-drhc.gc.ca
www.seniors.gc.ca

Old Age Security Program (OAS)

Old Age Security (OAS) Pension

This is a monthly benefit available to most Canadians 65 years of age or older. You must apply for this pension benefit and you must also meet OAS residence requirements.

Your employment history is not a factor in determining your eligibility, nor do you need to be retired to receive this benefit. You can apply for OAS benefits any time from six months to a year before your 65th birthday. OAS benefits are indexed quarterly and are subject to income tax.

The amount of your pension depends on how long you have lived in Canada. If you do not have enough periods of residence in Canada to qualify for a pension, you may still qualify if you lived in and/or made social security contributions in a country with which Canada has a social security agreement.

There are other benefits available through the Old Age Security Program.

They are:

- Guaranteed Income Supplement (GIS)
- The Allowance (formally known as the Spouse's Allowance)
- The Allowance for the Survivor (formally referred to as the Widowed Spouse's Allowance)

You must re-apply every year for the Guaranteed Income Supplement and the Allowances by filing an income statement or by completing an income tax return.

Guaranteed Income Supplement (GIS)

This benefit is a non-taxable, monthly benefit paid to residents of Canada who receive a basic, full or partial Old Age Security pension and who have little or no other income.

Allowance

This benefit provides a modest income if you have a low income, are 60-64 years old, and are the spouse or common-law partner of an OAS pensioner. You must re-apply every year for this benefit. The Allowance stops when you become eligible for an Old Age Security pension at age 65, if you leave Canada for more than six months, or if you die.

Allowance for the Survivor

This benefit provides a modest income if you have a low income, are 60-64 years old, and if your spouse or common-law partner has died. You must re-apply every year for this benefit. The Allowance stops when you become eligible for an Old Age Security pension at age 65, if you leave Canada for more than six months, or if you die.

If your income and/or marital status change, your benefit rate can go up or down, or stop altogether. Remember that you could be entitled to benefits now even if you were turned down in the past. If your benefits are stopped at any point, you should check each year after that to find out if you qualify again.

Notes

If you or your partner receive the GIS or the Allowance based on "single" status, you must declare both incomes to calculate your eligibility for GIS and the Allowance. Should you not declare your common-law status, future benefits for these and other Government of Canada programs may be affected.

The GIS or the Allowances are intended for low-income seniors who live in Canada. They must stop if you leave Canada for a period of more than six months, following the month of your departure. When you return to Canada, you can apply to have your benefits restored.

Your OAS pension, the GIS and the Allowances are adjusted every three months for inflation. While the OAS pension is a taxable benefit, you are not taxed on the GIS or the Allowances. If you qualify for these benefits you may also be eligible for other programs or benefits offered by the Province of Nova Scotia.

In 2001, pensioners with an individual net income above $55,309 must repay part or all of the maximum Old Age Security pension amount. The repayment amounts are normally deducted from their monthly payments before they are issued. The full OAS pension is eliminated when a pensioner's net income is $90,070 or above.

The OAS program is financed from the Government of Canada's general tax revenues and is administered by Human Resources Development Canada.

Canada Pension Plan (CPP)

Canada Pension Plan (CPP)

This plan offers benefits to people who have contributed to the Canada Pension Plan or to both the Canada Pension Plan and the Quebec Pension Plan. You must apply for these benefits.

The Canada Pension Plan, which began in 1966, provides benefits when a contributor to the plan retires, becomes disabled, or dies. The amount of the benefit depends on the amount of earnings and contributions to the plan. All Canada Pension Plan benefits are paid out of the CPP fund and are subject to income tax.

Retirement Pension

This is a monthly benefit payable to eligible contributors who are 60 years of age or older, and who have substantially or completely stopped working. Once you begin to receive your retirement pension, it will continue even if you return to work at a later date. When you become 65 years of age you do not need to stop work to receive these retirement pension benefits.

Disability Pension

This is is a monthly benefit payable to eligible contributors who are disabled (according to the terms of CPP legislation), who are under the age of 65, and who have made sufficient contributions to the plan. The Disability Pension includes benefits for dependent children of disabled contributors.

Surviving Spouse's Benefit

This is a monthly pension paid to the spouse of a deceased contributor if that contributor made sufficient contributions to the plan. The amount of the pension is determined by the deceased's contributions to the plan, the age of the surviving spouse at the time of death, whether there are dependent children, or the surviving spouse is disabled.

Death Benefit

This is a lump-sum benefit paid to the estate of the deceased contributor, if contributions were made to the Plan for a minimum qualifying period. This is a flat-rate benefit.

Childrens' Benefit

This benefit is paid on behalf of the dependent children of a deceased contributor if the contributions have been made for a minimum qualifying period. This is a flat-rate benefit.

Federal Government Veterans Benefits

Veterans Affairs Canada

Benefits from Veterans Affairs Canada are available to war veterans, former members of the peacetime armed forces, certain civilian groups, and the Merchant Marine. These benefits include disability pensions, as well as coverage of hospital and medical expenses and assistance for eye glasses, dental care, etc.

The department also administers the Veterans' Independence Program for aging veterans who want to remain in their homes. This program offers a variety of home care and maintenance assistance, plus home nursing visitation, provision of special hospital equipment and wheelchairs, help for home makers, meals on wheels, etc.

Veterans Affairs Canada
6080 Young Street, 10th Floor
P.O. Box 8063
Halifax, NS B3K 5L8

Phone:	(902) 426-7931
Toll-free:	1-800-565-0197
Fax:	(902) 426-2349

Federal Government Income Tax

Revenue Canada

Revenue Canada offers Income Tax clinics. These clinics are offered free of charge by trained volunteers at various locations throughout the province. These clinics begin at the end of March and run to the end of April.

For information concerning these tax clinics or for general inquiries:

Toll-Free: 1-800-959-2006

Do you have questions about your taxes and it's after 5:00 pm? Revenue Canada's phone lines are open evenings till 9:00 pm, Monday to Thursday, first of March to the end of April. Have your questions ready and your tax papers handy when you call after 5:00 pm:

Toll-free: 1-800-267-6999
(automated service)

Income Tax forms
Toll-free: 1-800-959-2221

Business Inquiries
Toll-free: 1-800-959-5525

Goods and Services Tax (GST)
Phone: ....(902) 426-3972
Toll-free: 1-800-959-1956

Customs Information Line

If you are travelling outside of Canada and/or you require customs information, contact:

Phone: ....(902) 426-2911
Toll-free: 1-800-461-9999
Toll-free TDD: 1-800-267-0825

Provincial Government Seniors' Financial Aid Programs

The following Senior Citizens' Financial Aid Programs are administered by the Nova Scotia Department of Community Services:

- Property Tax Rebate Program
- Rental Assistance Program
- Special Social Assistance

For information on these programs, contact:

Manager, Senior Citizens'
Financial Aid Programs
5675 Spring Garden Road, Nelson Place
Halifax, NS B3J 1H1

Phone: ....(902) 424-4500
Toll-free: 1-877-296-9338

Property Tax Rebate

The Property Tax Rebate Program is designed to help seniors remain in their own homes. It provides a rebate of municipal taxes paid for the previous year, in this case 2001, to a senior citizen.

You are eligible if you meet the following criteria:

- are in receipt of the Guaranteed Income Supplement to the Old Age Security or the Allowance in January of each year
- continue to live in your own home at the time of the application
- have paid all your 2001 property taxes in full

If you are new to the program you will receive a flat rate rebate of $85 regardless of the amount of property tax paid. That amount will increase in 2002 to $125.

In 2003, the program will provide each qualifying recipient with a rebate of 50% of the property taxes paid to a maximum of $400.

Seniors who were in the program last year need not apply if they received GIS in January. They will receive an application form in the mail.

To find out if you are eligible for this rebate please call toll-free at 1-877-296-9338. An application form will be sent to you.

Applications must be returned before December 31st of each year.

Rental Assistance

This program assists seniors (singles and couples) who rent in the private market and are in receipt of the Guaranteed Income Supplement or Allowance to those who are single, 65 and over, whose income does not exceed $17,475 annually. Effective April 1, 1995, only those seniors who were in receipt of Rental

Assistance as of March 31, 1995 were eligible to continue receiving the rental assistance. No new applications have been accepted since March 31, 1995.

Special Social Assistance

The Special Social Assistance Program, revamped in December 1991, provides financial assistance monthly to needy seniors. To qualify a senior must be receiving the Guaranteed Income Supplement and Old Age Security and meet the requirements set down in a needs test which considers both income and assets.

Seniors expenses such as food, clothing, shelter and transportation will be compared with the revenue coming into the home and the difference will be paid as Special Social Assistance.

Provincial Government Income Assistance

Municipal Social Assistance

Social assistance supplementation for seniors is related primarily to such needs as housing and transportation. Social Assistance may be paid to supplement federal benefits where individual need is such that the federal benefits are not sufficient.

This program is administered by the Nova Scotia Department of Community Services. To apply, contact the Field Office nearest you.

Field Offices

Eastern Region

Eastern Regional Office	(902) 563-3302
Sydney District Office	(902) 563-3300
Glace Bay	(902) 842-4000
North Sydney	(902) 794-5110
Baddeck Sub Office	(902) 295-3233
Ingonish Office	(902) 285-2652

Port Hawkesbury District

Office	(902) 625-0660
Inverness Sub Office	(902) 787-2274
St. Peter's Sub Office	(902) 535-3000

Northern Region

Northern Regional Office	(902) 755-7023
Pictou Senior District Office (New Glasgow)	(902) 755-5950
Colchester District Office (Truro)	(902) 893-5950
Cumberland District Office (Amherst)	(902) 667-3336
Guysborough District Office	(902) 533-4007
Antigonish District Office	(902) 863-3213

Western Region

Western Regional Office	(902) 678-6157
Kings District	(902) 678-6176
Kings District Office	(902) 690-6157
Hants District Office	(902) 798-8319
Annapolis District Office	(902) 532-2358
Digby District Office	(902) 245-7110
Shelburne District Office	(902) 637-2335
Yarmouth District Office	(902) 742-0720
Queens District Office	(902) 354-2771
Lunenburg District Office	(902) 543-5527

Central Region

Central Regional Office	(902) 424-5074
Cole Harbour District Office	(902) 435-7872

Dartmouth District Office	(902) 424-3298
Alderney Gate Office (Dartmouth)	(902) 424-1600
Halifax District Office	(902) 424-4150
Lakeside Office	(902) 876-0580
Sackville District Office	(902) 869-3600
Sheet Harbour Office	(902) 885-2974

Provincial Government Workers' Compensation

Workers' Compensation Board of Nova Scotia

The Worker's Compensation Act of Nova Scotia is designed to protect both injured workers and employers by providing financial assistance, medical aid, re-employment, vocational rehabilitation, and protection from litigation. Financial assistance may include payment of temporary earnings-loss benefits (payable at the rate of 75% of net pre-accident earnings up to 26 weeks and 85% thereafter), extended earnings-loss benefits (when a permanent impairment has been determined and there is an earnings-loss), permanent impairments benefits (for loss of enjoyment of life caused by a permanent injury), and an annuity (which replaces the extended earnings-loss benefits which are discontinued at age 65). As well, if a worker dies as a result of a workplace accident, the Act allows for survivor benefits and dependent child benefits.

For more information, please contact:
Main Office, Halifax
5668 South Street
P.O. Box 1150
Halifax, NS B3J 2Y2

Phone: .... (902) 491-8999
Toll-free: 1-800-870-3331
Fax: .... (902) 491-8002

Branch Office, Sydney
336 Kings Road, Suite 117
Sydney, NS B1S 1A9

Phone: .... (902) 563-2444
Toll-free: 1-800-880-0003
Fax: .... (902) 563-0512

INSURANCE

Insurance Overview

Introduction to Insurance

Insurance touches the lives of virtually everyone. Insurance is used as an investment to provide funds for some future purpose, to provide income during a period of disability and to provide for health care costs.

Insurance is also used to provide protection against an event that could result in a major financial loss such as the destruction of a home or serious automobile accident.

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Health information for Nova Scotians

Despite the fact that most adults have one or more insurance policies it is probably true to say that generally the policies are not well understood. Policies are contractual documents that set out the risks that are covered and so they are mostly written in language that is well understood by the courts but is difficult for untrained people to read and understand.

Because of the importance of insurance in our lives it should not be purchased without consultation with a qualified insurance agent who is able to assess the needs of a prospective purchaser and how these needs can be best addressed.

Life Insurance

Life Insurance is most frequently purchased when the intention is to provide for the education of children or to provide financial security for a family in the event of the death of the breadwinner of the family, or to provide for burial and other final expenses such as income tax.

The major obstacle to purchasing life insurance is the existence of medical problems. In many cases seniors will have health conditions that would result in denial of application for life insurance. Some companies, however, will issue policies with a moderate amount of life insurance, say $25,000, to anyone regardless of health conditions.

Life insurance is also available to fund a pre-arranged funeral through most funeral homes.

Home Insurance

Seniors who are home owners, condominium owners or who live in rented premises should have their property insured. Insurance packages can be purchased from independent insurance brokers throughout the province.

When purchasing home insurance it can pay to shop around. Purchasers should obtain quotations from a number of brokers.

Some companies will reduce premiums for seniors, for membership in a professional or alumni association, or where an auto policy is also purchased from the same company.

Premiums can also be lowered by choosing higher deductibles for claims.

When a home insurance policy is in place, the homeowner should be sure to advise the broker if any material changes take place.

Automobile Insurance

Certain automobile insurance coverages are compulsory in Nova Scotia as they are in all Canadian jurisdictions. These compulsory coverages include Section A, B and D of the standard auto policy. Section A covers any liability for damages that falls to the owner of a vehicle that is at fault or partially at fault in an accident. Section B provides certain accident benefits, which are set out in the policy, to the driver and passengers in the vehicle regardless of who is at fault for the accident.

Section D provides coverage for damages caused by an uninsured auto.

Section C of the auto policy covers damage to the insured vehicle such as collision and comprehensive. These coverages will provide compensation for damage to your own vehicle if you are at fault or partially at fault in an accident.

Insurance Contacts

It should be understood that the information set out here is very general in nature and does not in any way fully explain the complexities of any type of insurance. Anyone who wishes more information or who is experiencing difficulty either in purchasing insurance or in dealing with a claim should contact the Office of the Superintendent of Insurance at the following address and telephone number:

Office of the Superintendent of Insurance
Department of Environment and Labour
9 South, Maritime Centre
1505 Barrington Street
P.O. Box 2271
Halifax, NS B3J 3C8

Phone: ....(902) 424-6331
E-mail: fininst@gov.ns.ca

Information and assistance is also available from the insurance industry by contacting the **Insurance Bureau of Canada** respecting home or auto insurances at (902) 429-2730 or 1-800-565-7189, and the **Canadian Life and Health Insurance Association** respecting life and health insurance at 1-800-268-8099.

Atlantic Blue Cross Care

The Atlantic Blue Cross Care Options provides coverage for many health benefits not covered by your provincial health care program, including semi-private hospital room, ambulance benefits and vision care.

Dental coverage is also available under Options, as well as prescription drug coverage depending on whether coverage is being offered by your Seniors' Pharmacare Program. Other products offered by Atlantic Blue Cross Care include travel coverage and life insurance.

For more information on the above mentioned plans call:

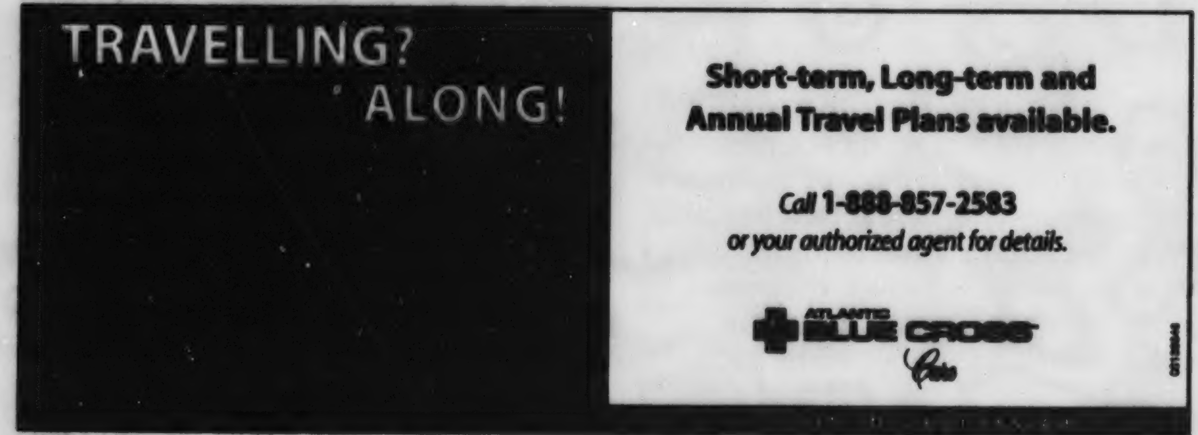
Wayne Pottie, Halifax Area
Phone: ....(902) 457-7191

Donald Cordy, Sydney Area
Phone: ....(902) 736-3605

Earl O'Neil, Sydney Area
Phone: ....(902) 539-6666

Maureen Newman, Truro Area
Phone: ....(902) 893-0508

Art Brennan, New Glasgow Area
Phone: ....(902) 755-6443



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or your authorized agent for details.

ATLANTIC BLUE CROSS Care

Randy Lovesin, South Shore Area
Phone: 1-866-543-5800

Gary Fader, Dartmouth Area
Phone: . . . .(902) 435-1818

Dwight Johnson: . . . . . .(902) 538-9097

PROVINCIAL HEALTH SERVICES

Seniors' Pharmacare Program

Pharmacare is a provincial drug insurance program to help seniors manage their prescription drug costs. Program participation is optional. Pharmacare is offered to Nova Scotian residents who are 65 years of age and older and who do not already have prescription drug coverage through a private insurance plan, Veterans Affairs Canada, or Indian and Inuit Health Services. The senior must also be registered under the Medical Services' Insurance (M.S.I) program.

Seniors who are eligible can join Pharmacare from the first day of the month of their 65 birthday. New senior residents are eligible for Pharmacare on the same day they become eligible for Nova Scotia M.S.I.

How do I pay?

Seniors who join Pharmacare pay an annual premium and with each prescription filled a co-payment to the pharmacy. Seniors who receive Guaranteed Income Supplement (GIS) are not required to pay the premium. However, they must sign the Authorization for Release of Guaranteed Income Supplement (GIS) Information form and return it to the Pharmacare Office.

Seniors who do not receive the GIS may be eligible for a reduced premium if their annual income falls under certain limits. Premiums can be paid in a one lump sum, quarterly or monthly payments. Contact the Pharmacare office for more details.

Note: Seniors who have private insurance can reapply for co-payment coverage through Pharmacare if their co-payment drug costs add up to more than what it would have cost them to join Pharmacare.

What does Pharmacare cover?

Pharmacare covers drugs listed as benefits in the Nova Scotia Formulary. Not all drugs are benefits.

The Nova Scotia Formulary is managed by a group of experts including family doctors, geriatricians, pharmacists, and drug information specialists. The committee of experts decides which drugs should and should not be covered by Pharmacare.

Medications must be prescribed by a doctor, dentist or authorized optometrist, and the prescription must be filled at a Nova Scotia pharmacy, if it is to be covered by Pharmacare.

Here is a general guide to the kinds of medications and supplies that, when prescribed by a doctor, dentist, or authorized optometrist, are covered by Pharmacare:

- prescribed medicines that are listed in the Nova Scotia Formulary
- some prescribed ostomy supplies
- prescribed diabetic supplies, including testing materials, needles and syringes

What if I Travel?

If seniors intend to be away from Nova Scotia for more than 100 days and require medications for the whole time, they may obtain the full quantity up to 180 days at the discretion of their pharmacist or physician.

Pharmacare does not insure any prescription dispensed outside of Nova Scotia.

It is very important for all seniors to obtain additional health care insurance when travelling outside of Nova Scotia. If seniors choose not to join Pharmacare, they should check with their private insurer to make sure that the coverage they had before they turned 65 will continue to meet their drug insurance needs during their senior years.

For more information, contact:
Phone: ....902) 429-6565
Toll-Free: 1-800-544-6191
Fax: ....(902) 468-9402

Public Health Services

Public Health Services provides a broad range of activities to all residents of Nova Scotia. Core public health services available in each health district include: communicable disease prevention and control, non-communicable disease and injury prevention, and public health enhancement.

Each District Health Authority provides a multi-disciplinary team approach in providing services to seniors. All public health services are free of charge. For more information about public health services in your area, contact one of the following main Public Health Services offices or check the blue pages of your phone book under Health (NS) for the office nearest you.

Health Districts #1, #2, #3
Wolfville ....(902) 542-6310

Health Districts #4, #5, #6
Truro ....(902) 893-5820

Health Districts #7, #8
Sydney ....(902) 563-2400

Health District #9
Dartmouth ....(902) 481-5800

Provincial Health Card

It is important that you renew your Nova Scotia Health Card to ensure your file is up-to-date with accurate information. Renewal notices are mailed three months prior to the expiry date which is embossed on the front of your card (that is why it is very important to contact the MSI office each time your address changes to ensure you will receive your renewal).

If you are using an expired health card you may be asked to pay for the service rendered.

Your health card must be presented each time you visit your physician or use a provincial health program. If leaving the province for an extended absence, please contact the MSI office to ensure your continuous medical coverage.

If you have any questions or would like more information contact the MSI office at:

Phone: ....(902) 496-7008
Toll-free: 1-800-563-8880

Addiction/Drug Dependency Services

Prevention, treatment, and rehabilitation services for alcohol, drug and gambling problems are available through Addiction/Drug Dependency Services.

For more information please contact the addiction services head office nearest you.

Health Districts #1, #2, #3
Yarmouth . . . .(902) 742-2406

Health Districts #4, #5, #6
Pictou . . . .(902) 485-4335

Health Districts #7, #8
Sydney . . . .(902) 563-2590

Health District #9
Dartmouth . . . .(902) 424-5623

Nova Scotia Hearing and Speech Clinic

The Clinic is an independent, non-profit agency funded primarily by the Nova Scotia Department of Health. For information on the services it provides, contact:

Administration
5657 Spring Garden Road, Suite # 401
Box 120
Halifax, NS B3J 3R4

Phone: . . . .(902) 423-7357
Fax: . . . .(902) 423-0532

Clinic Locations

Amherst	(902) 667-3361 ext. 220
Antigonish	(902) 867-4197
Bridgewater	(902) 543-4603 ext. 248
Digby	(902) 245-2501 ext. 265
Evanston	(902) 625-3100 ext. 257
Glace Bay	(902) 842-2865
Halifax Community Clinic	(902) 423-7354
Kentville	(902) 678-7381 ext. 1400
Liverpool	(902) 354-3436
Lower Sackville	(902) 865-5750 ext. 185
Lunenburg	(902) 634-8801
Middleton	(902) 825-3413 ext. 3411
Musquodoboit Hbr	(902) 889-4117
New Glasgow	(902) 752-7600 ext. 2520
Pictou	(902) 485-4324 ext. 125
Strait-Richmond	(902) 625-3100
Sheet Harbour	(902) 885-3628
Shelburne	(902) 875-3011 ext. 270
Springhill	(902) 597-3773
Sydney	(902) 567-7781
Sydney Mines	(902) 736-2831
Truro	(902) 893-5512
Waterville	(902) 538-3103 ext. 156
Windsor	(902) 792-2084 ext. 231
Wolfville	(902) 542-3866
Yarmouth	(902) 742-3541 ext. 364

QEII Health Sciences Centre

If you're coming to the QEII the first thing to ask your doctor, the secretary or receptionist is "Which building do I go to?"

There is no one building called the QEII. The QEII is a large organization of 10 buildings on different streets. If you don't ask you may get lost.

The QEII is comprised of these buildings:

- New Halifax Infirmary – *Outpatient entrance: Robie Street, Inpatient and Emergency entrance: Summer Street*
- Dickson Building, including the NS Cancer Centre – *University Avenue*
- Bethune Building – *University Avenue*
- MacKenzie Building – *University Avenue*
- Victoria Building – *South Park Street*
- Centennial Building – *South Park Street*
- Camp Hill Veterans' Memorial Building – *Jubilee Road*

- Abbie J.Lane Memorial Building – *Jubilee Road*
- Nova Scotia Rehabilitation Centre – *Summer Street*

QEII Switchboards

Victoria General	(902) 473-2110
Camp Hill Veterans' Memorial Building	(902) 473-4222
Abbie J. Lane Memorial Building	(902) 473-4222
New Halifax Infirmary	(902) 473-2700
Nova Scotia Rehabilitation Centre	(902) 473-1787
Nova Scotia Cancer Centre	(902) 473-6000
QEII Emergency Department	(902) 473-2043

If you are coming to the QEII from out of town and would like a list of accommodations please call our recorded accommodation hotline at (902) 473-1444. Leave your name and complete address and we'll send you a list of hotels, hostels, bed and breakfasts, etc. that offer reduced rates to QEII patients and families.

Centre for Health Care of the Elderly

The Centre for Health Care of the Elderly, located at the Camp Hill Veterans' Memorial Building, provides health care services for the older adult. Some of the specific programs are: the geriatric assessment unit; the geriatric restorative (rehabilitation) unit; the geriatric day hospital; and speciality outpatient clinics, such as the memory disability clinic. The Centre also provides clinics in the Annapolis Valley, Lunenburg, and Antigonish. Referral must be made by a physician. The Centre is the principal clinical site of the Division of Geriatric Medicine, Dalhousie University.

Veterans of Canada's armed conflicts may be eligible for long-term care at Camp Hill Veterans' Memorial Building, with eligibility being determined by Veterans' Affairs Canada.

For information please contact:
The Centre for Health Care of the Elderly
Camp Hill Veterans' Memorial Building
Halifax, NS B3H 2E1

Phone: ....(902) 473-8603
Fax: ....(902) 473-4867
Website: www.geriatrics.halifax.ns.ca

Nova Scotia Breast Screening Program

The Nova Scotia Breast Screening Program has been developed to assist in the early detection of breast cancer. The program will offer women information on breast health mammography (breast X-ray). The metro area clinic is located at the Halifax Shopping Centre. Two mobile vans do breast screening for the Eastern Health area, administered by the Cape Breton Hospital and the Western Health area, administered by the Yarmouth Regional Hospital. The service is available to all women who have a current Nova Scotia Health Card, and are age 50 and up, with no breast problems.

For more information contact:
NS Breast Screening Program
Halifax Shopping Centre, Tower 1
Suite 103, 7001 Mumford Road
Halifax, NS B3L 4N9

Phone: . . . .(902) 473-3960
Toll-free: 1-800-565-0548
Fax: . . . . (902) 473-3959

Point Pleasant Lodge

Point Pleasant Lodge, a not-for-profit facility, provides 104 guest rooms for people directly or indirectly associated with medical attention in the Halifax area. This includes people who may be visiting patients in hospital, appointments with doctors, dentists, opthamologists, etc. Reservations are recommended.

Guest room rental includes private bath, television and telephones. There are no charges for local telephone calls.

The Lodge also provides an in-house cafeteria style dining room. Those requiring special diets can be accommodated by the Lodges dietary staff.

Point Pleasant Lodge has limited free parking facilities, full elevator service for eight floors, full fire protection services, smoking and non-smoking rooms, pleasant landscaped surroundings, a reading lounge, laundry facilities and an in-house convenience store. The Lodge also offers specially equipped rooms for physically challenged individuals.

The Lodge is located within walking distance of the Queen Elizabeth II Health Sciences Centre and the IWK Grace Health Centre.

Room Rates

- single occupancy $35
- double occupancy $50
- enquiries are invited for family occupancy

For more information contact:
Point Pleasant Lodge
1121 South Park Street
Halifax, NS B3H 2W6
Phone: . . . .(902) 421-1599
(for reservations only) . . . .(902) 429-7780
Fax: . . . .(902) 429-9722
E-mail:
guestservices@pointpleasantlodge.com
Website: www.pointpleasantlodge.com

Mental Health

Seniors' Mental Health Service Nova Scotia Hospital

The Seniors' Mental Health Service is specifically designed to meet the mental health needs of seniors. A range of services are available including health promotion, education, home visitation (outreach), day hospital and in-patient programs. Health care professionals experienced in the field of seniors mental health provide treatment and information to clients, and support and information to family members.

Emphasis is placed on providing services in the home setting or the community. A person's mental health is as important as their physical health and the seniors service encourages seniors to access help when it is required.

For more information, contact:
Phone: . . . .(902) 464-3111

Seniors' Mental Health Kings and Annapolis Counties

The Seniors' Mental Health Service is available to residents of Kings and Annapolis Counties. A full-time nurse coordinates the service along with a part-time psychologist and geriatric psychiatrist. Assessments and visits at home are provided along with support groups for families of individuals with Alzheimer disease and other dementia. Regular consultation with all nursing homes in the counties is also provided. Team members are anxious to hear from consumers and families with their ideas on how to further develop the service.

For more information, contact:
Margo MacDougall
Kings County: (902) 678-7381 ext. 2865

Heather Hill
Annapolis County: . . . . .(902) 825-4825

Mental Health District Offices

New Glasgow	(902) 755-1137
Halifax	QEII (902) 473-2492
Sydney	(902) 567-7730
Truro	(902) 893-5526
Windsor	(902) 798-8351
Amherst	(902) 667-3879
Inverness	(902) 258-1911
Waterville	(902) 538-3103
Dartmouth	(902) 464-3287
Antigonish	(902) 863-4511
Bridgewater	(902) 527-5228
Kentville	(902) 679-2657 (902) 679-2870
Yarmouth	(902) 742-4222
Digby	(902) 245-4709
Shelburne	(902) 875-4200
Middleton	(902) 825-4825

Did You Know?

In 2025, seniors will make up nearly one-quarter (23.9%) of Nova Scotia's population.

Home Care and Long-term Care Services

If seniors are having trouble living independently in their homes, help is just a phone call away. By dialing 1-800-225-7225, seniors will be connected to a care coordinator, who will arrange for home care and other helpful services. If living at home is no longer possible, the care coordinator will assist in finding a long-term care home.

1-800-225-7225 – your one call for Home Care and Long-term Care.

Home Care Services

Home Care provides a variety of quality services to individuals at home, enabling them to receive care and assistance among family and friends. Home care services can be provided to people who are chronically ill, disabled, convalescent or to individuals with an acute illness.

Home Care is available to all residents of Nova Scotia who need services and who have a Nova Scotia Health Card. Those eligible for the program may have an illness or disability which can be cared for at home safely and effectively.

People may refer themselves or may be referred by others, such as family members, friends, physicians or neighbours. Following a referral, a care coordinator works with the individual, their family and health professionals, to assess his or her needs and develop an appropriate plan of care. Requests for assessments are made through the toll-free number 1-800-225-7225.

Chronic Home Care

Chronic home care services support people who are chronically ill or disabled and helps them to remain in their own homes and communities.

Acute Home Care

Acute home care is provided to people with a short term illness, who can be safely cared for at home. Acute home care services can delay or prevent hospital admission or shorten the length of a hospital stay.

A range of home care services are provided to meet the health needs of Nova Scotians at any time of the day or night throughout the week. These may include:

- personal care (e.g. bathing, dressing and eating)
- home support (e.g. assistance with meal preparation and laundry)
- nursing (e.g. administering medications, dressing changes and general nursing care)
- home oxygen concentrator services
- family relief/respite services in the home

Home care services are provided by a network of health care professionals including home support workers, nurses and physicians. Service providers are required to comply with set standards of training and practice.

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- Homemaking
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Cost to the Consumer

Home Care is funded by the Nova Scotia Department of Health. There is no cost to individuals benefiting from acute home care. People receiving chronic home care services may pay a portion of home support, personal care and home oxygen fees, depending on their income and family size. There is no charge for nursing care services and the medical supplies used during nursing visits.

Home Care promotes independence and individual/family involvement in care. Home care services may help to improve an individual's ability to function, provide support to caregivers, prolong independent community living and delay or prevent admission to hospitals, nursing homes and homes for the aged.

To apply for Home Care, contact the toll-free number: 1-800-225-7225.

Long-term-Care Services

When You Need Long-term Care

There comes a time when living alone at home becomes just too difficult for many seniors. When this happens there are four kinds of long-term care homes available to you, depending on the type of support you need. These facilities are inspected and licensed or approved by the Department of Health to ensure they meet our standards for quality care:

- **Nursing Homes or Homes for the Aged**
  For seniors who need personal or nursing care
- **Residential Care Facilities**
  For seniors who need supervisory or personal care
- **Small Option Homes**
  Housing and care for 1–3 seniors in each home
- **Community Residences**
  Adult foster homes with room, board, and minimal supervision for 1–3 seniors

How Long-term Care Will Work For You

Every Nova Scotian over 65 years of age must apply for long-term care through the Department of Health's toll-free line. Even if you can afford to pay for care on your own, you will need to call the department to get placement into a long-term care facility. This ensures that all seniors have fair and equal access to long-term care in their communities.

Every senior must pay the full cost of living in a long-term care home, if they can afford to do so. Care in nursing homes or other facilities are not covered by MSI health coverage. However, if you need help with costs, you can apply for financial assistance.

Financial Assessment

As part of your application to a long-term care home, a designated care coordinator will take you through a financial assessment. The assessment will help the Department of Health determine your ability to pay costs for long-term care now and in the future.

Please note that if you have lived in your house for at least two years, your home will not have to be sold to pay long-term care costs if you have signed, completed and filed Designation of Residence forms. These forms can be obtained from the Department of Health.

How to Access Long-term Care

By phoning 1-800-225-7225, you or someone who cares for you (e.g. your doctor or a family member) can begin the process.

For more information on Homes for the Aged, Licensed Nursing Homes, and Residential Care Facilities contact:

Soili Helppi, Community Care
Department of Health
P.O. Box 488
Halifax, NS B3J 2R8
Phone: . . . .(902) 424-5753

OTHER HOME CARE AND IN-HOME SUPPORT SERVICES

Veterans Independence Program

Veterans Affairs Canada administers the Veterans Independence Program as part of their benefits available to war veterans. This program offers a variety of home care and home maintenance assistance.

For information contact:

Cape Breton, Antigonish, and Guysborough Counties
Phone: . . . .(902) 564-7028
Toll-free: 1-800-565-7028

All other places in Nova Scotia
Phone: . . . .(902) 426-7931
Toll-free: 1-800-565-0197

Caregiver Resource Library Nova Scotia Centre on Aging

The Caregiver Resource Library is a lending library of books and videos which provide information and support for family and professional caregivers. Materials focus on such topics as the aging process, elder abuse, legal issues, home care, stress, counselling, aging with developmental disabilities and support groups. The Library is part of the Nova Scotia Centre on Aging at Mount Saint Vincent University. Anyone living in Nova Scotia may borrow from the Caregiver Resource Library. Courier service is available for people living outside the Halifax area.

The library is open Tuesday and Thursday, 1:00 pm–4:30 pm.

For information, contact:
Library Coordinator
Caregiver Resource Library
Mount Saint Vincent University
Bedford Highway, NS B3M 2J6

Phone: . . . .(902) 457-6561
Fax: . . . .(902) 445-3960

Red Cross Home Support Service

The Red Cross Society's Home Support Service provides capable, trained homemakers, and home support workers to assist persons in time of need due to illness, convalescence or disability. It operates in the metro area as one of the designated home support providers under the provincial home care program. Red Cross also provides service to individuals who are not eligible for government subsidy.

For further information, contact:
Red Cross Home Support Service
1940 Gottingen Street
Halifax, NS B3J 3Y2

Phone: . . . .(902) 496-0103
Fax: . . . .(902) 492-0544

Victorian Order of Nurses

The Victorian Order of Nurses is a non-profit, charitable community health organization which provides professional nursing service to individuals and their families in their home or in the community setting. The VON has established other services such as senior citizens' health maintenance programs, foot care and health assessment clinics, occupational health programs, a friendly visiting service, and adult day centres.

The visiting nursing service is available seven days a week. It includes health assessment and teaching, rehabilitation, palliative care and bereavement follow-up. A major focus is assisting seniors to maintain a sense of independence and self-determination. Referrals are accepted from all sources and care is provided in consultation with a physician.

GOOD HEALTH IS JUST THE BEGINNING.

VON understands the unique health needs of seniors. We work with you so you can stay active and independent.

Good health lets you enjoy all that life has to offer. Call today to learn more about the services of VON.

We have 10 branches in Nova Scotia. Call the branch nearest you.

VON
CARING FOR LIFE SOUCI DE LA VIE

The VON is supported by fees for service, donations, grants and fundraising projects. The fee is based on the average cost of the visit. No one in the areas served is refused service for financial reasons. Thirteen branches serve 82 per cent of the population of the province.

For service, contact:
VON Canada Nova Scotia
108 Cobequid Road
Lower Sackville, NS B4C 2N2

Phone:	(902) 865-4688
Fax:	(902) 865-7717

VON Offices

Greater Halifax	(902) 453-5800
Lunenburg County	(902) 624-1897
Queens County	(902) 354-3249
Tri-County	(902) 742-4512
Cumberland County	(902) 667-8796
Colchester East Hants	(902) 893-3803
Antigonish	(902) 863-5700
Cape Breton Metro	(902) 562-1297
Pictou County	(902) 752-3184
Annapolis Valley	(902) 678-3415

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Care Choices Inc.

Care Choices Inc. is an innovative home health care company serving all of Lunenburg County and Eastern Queens County. It offers "personalized home care" based on the client's individual needs.

Care Choices Inc. has a full complement of qualified professional bonded staff to draw from: home health aids/personal care workers, LPNs, RN assessors/ supervisors, in-home physiotherapist assessor (by appointment only) and 24 hour emergency on-call services to clients to ensure the standard of care is maintained at the highest level.

Care Choices Inc. provides convalescent care, respite care, palliative care, hospital sitting, homemaker services and other speciality services.

Services are available 7 days a week with a minimum of 4 hours a day (dependent on the distance required to travel to serve the client) to 24 hours per day.

Office hours are: Monday to Friday 8:30 am–4:40 pm with an emergency answering service taking over after office hours.

For further information, contact:
Care Choices Inc.
P.O. Box 183
Bridgewater, NS B4V 2W8

Phone:	(902) 527-1622
Fax: *(Office Hours)*	(902) 527-1622

Services for Seniors Nicole Crane & Associates

Ever increasing numbers of our older citizens wish to remain in their own homes and are encouraged to do so.

Many families also want to ensure their senior loved ones are properly cared for and are comfortable while living an independent lifestyle.

Nicole Crane & Associates Services for Seniors exists to ensure the highest standard of service is provided when required. The service assures its clients of quality services at reasonable rates.

Services offered:

- 24 hour staffing care, or on an as needed basis
- scheduled transportation for such activities as shopping, banking, visitation, recreational activities, etc.
- home cleaning services
- home maintenance services, from snow removal, lawn care to repair of utilities
- companionship services
- relief to caregivers
- coordinate requirements of senior clients to ensure their well being

Phone: . . . .(902) 225-2122
Fax: . . . .(902) 422-1198
E-mail: enicolecrane@hotmail.com

We Care Home Health Services

Since 1983, We Care has become one of Canada's largest and most trusted providers of personalized in-home care and support services. One call can arrange any amount and level of care required, whether it is professional nursing, home support services, foot care or special needs services. For most clients, the care giving process begins with a free in-home assessment and the discussion of a care plan. And over time, as people's situations change, Their personalized support services are adjusted to meet their changing needs. We Care also takes the opportunity to ensure that a client is able to take best advantage of available health insurance and community health care programs.

Services available 7 days a week,
24 hours a day.

Please contact:
Mary Wile/Lori Reilly
We Care Home Health Services
West End Mall, Suite 6
6960 Mumford Road
Halifax, NS B3L 4P1

Phone: . . . .(902) 454-2571
Fax: . . . .(902) 454-2522

Haven Bay Home Care Services

Haven Bay Home Care Services are as varied as the client's needs dictate. Its mandate is to assist clients to remain as independent as possible in their own homes and communities.

Services include:

- professional nursing care (RNs and LPNs)
- home health aids
- respite care
- companion care
- palliative care
- foot care

Supervisory staff make free at-home assessments, regular supervisory visits, and are on call 24 hours a day.

Please contact:
R.R. #1, Boutilier's Point, Site 6, Box 7
Halifax Co., NS B0J 1G0

Phone: . . . .(902) 826-1341

COMCARE

COMCARE is a Canadian owned company established in 1969 as one of the first private home health care agencies in Canada. COMCARE is accredited with the Canadian Council on Health Services Accreditation.

To enhance independence, COMCARE provides many services in the home or community setting:

- skilled nursing care by RN's and LPN's
- in-home care by home support workers
- palliative care
- respite and companion care
- foot care
- vein-puncture
- occupational therapy/rehabilitation
- workplace wellness programs

To meet individual needs, a nursing supervisor provides in-home assessments. Regular home visits are made to supervise staff. Each member of the COMCARE health team is carefully referenced, screened and bonded.

The service is available 24 hours a day.

For more information please contact:
Dawn Purcell, Manager
Comcare Health Services
3134 Robie Street
Halifax, NS B3K 4P9

Phone:	(902) 453-0838
Toll-free:	1-800-565-1930
Fax:	(902) 453-1018

Northside Community Guest Home

The Northside Community Guest Home Outreach, North Sydney, offers several programs to assist seniors from the community and those who are medically at risk in its local community.

Lifeline – A personal security system that attaches to your telephone which gives you security and peace of mind.

Helpline – This service lets us help you solve your problems.

Foot Care – Offers the specialized foot care of a chiropodist.

Equipment Loan Program – The loan of health care equipment.

Enriched Housing – Twenty-five apartment units are available for seniors who require self-reliant living with access to care when required.

Alzheimer Telephone Support Service – Provides telephone support to persons regarding Alzheimer disease.

For further information on these programs contact:
Jim Gouthro . . . .(902) 794-4733 ext. 32

Antigonish and Area Home Maker Service

Sadie Floyd, Agency Director
23 Bay Street, Suite 309
Antigonish, NS B2G 2G7

Improving Cardiovascular Outcomes in Nova Scotia
Nova Scotians who have heart disease, or are at risk of developing heart disease, are encouraged to join this unique project. ICONS seeks to improve the care and health outcomes for people with heart disease.
Call now to see if you are eligible for ICONS.
1-888-49-ICONS
ICONS
WWW.ICONS.NS.CA

Phone: . . . .(902) 863-8181

Fax: . . . .(902) 863-8069

Nightingale Nursing Services

Nightingale Nursing Services is a locally owned, private duty nursing service which provides all levels of health care personnel to individuals in their own homes, apartments, and in hospitals. It also provides institutional staff relief to local hospitals and extended care facilities including nursing homes and guest homes. Nightingale serves most of Nova Scotia and has staff to meet each clients needs.

For information contact:

Phone: *(Halifax Region)* . .(902) 465-9777

Fax: . . . .(902) 469-9250

Phone: *(Sydney)* . . . .(902) 562-6274

Northwood Homecare Services

Northwood Homecare Limited is a not-for-profit coordinated homecare service that addresses the individual's needs in the home to sustain the optimum state of health, activity and independence. Flexible 24 hour service, 7 days a week in the Halifax Regional Municipality helps seniors, the disabled and families at risk make the most out of life. Northwood Homecare offers a full range of services from home support, nursing care (RN and LPN), including I.V. therapy, palliative care, and hospice, nutrition, physiotherapy and occupational therapy consults, as well as medication and insurance claims assistance. The type and amount of home care is decided in consultation with you, your family, and/or your physician, and our registered nurse supervisor. The service is available on an hourly basis, as assessed. All home support staff are trained and supervised regularly.

For further information on these services please call:

Phone: . . . .(902) 425-2273

Fax: . . . .(902) 421-6313

Licensed Practical Nurses Private Duty Registry

The Registry has served the community since 1974. It offers professional, compassionate care in homes, hospitals, or nursing homes. There are flexible hours to meet individual needs, licensed, insured nurses (LPNs formerly CNAs), and competitive rates. Pre-service interviews can be arranged by request. For respite care, restorative care, and palliative care contact:

Phone: . . . .(902) 499-3004

P.L.S. In-Home Care Ltd.

P.L.S. In-Home Care Ltd. is a private organization that assists others by offering nursing care and other forms of home support such as light housekeeping, meal preparation, etc.

P.L.S. In-Home Care has been serving the South Shore of Nova Scotia for over 15 years. Services available up to 24 hours per day, seven days a week at home or in hospital. Free assessments and follow-ups provided.
For more information, contact:
Pat Gabriel, R.N.

Phone: . . . .(902) 543-2877

Fax: . . . .(902) 543-7966

Powers Senior Home Care Inc.

Powers Senior Home Care Inc. is a locally owned and operated home nursing agency. For over 20 years the agency has supported and reinforced the desire of seniors and those disabled to remain independent in their own homes.

To meet the challenges of its clients, Powers Senior Home Care Inc. provides programs for total nursing care services, individually tailored to each client's unique needs. Other services include long term live-in caregivers for Alzheimer's and disabled clients, as well as respite and palliative care nursing services.

Services are provided 24 hours a day, seven days a week. For more information, contact:

Phone: . . . .(902) 864-0772
Fax: . . . .(902) 864-4144
Website: http://powers.phg.ns.ca

Have Scissors Will Travel

In-home hair care services are provided by staff with twenty-five years experience. By appointment only.

For more information, please contact Kathleen Steeves:

Phone: . . . .(902) 477-9196 in Metro

In-Home Massage Therapy

More and more seniors are finding benefits from massage therapy for conditions ranging from general stiffness to insomnia. These benefits are achieved by having the convenience of a massage therapy session in one's own home. Some extended health care plans cover massage therapy.

For more information on massage therapy in-home sessions please call Stacy Opalka:
Phone: . . . .(902) 455-4300

Private Duty Registry

The Private Duty Registry offers 24 hour nursing service at home or in the hospital. Shifts and hours can be arranged to suit the needs of the patient. For information, leave a message and your call will be returned promptly:
Piri Kerekes
37 Southill Drive
Halifax, NS B3M 2X9

Phone: . . . .(902) 423-6469

Seniors for Seniors

Serving the needs of older adults and senior citizens, Seniors for Seniors provides several programs such as homemakers, handy-persons, home cleaners, and companions.

For more information contact:
Howard Court, President
Janet Wilson, Supervisor of Home Care
Seniors for Seniors/Seniors for Business,
7001 Mumford Rd., Tower 1, Suite 819
Halifax, NS B3L 2H8

Phone: *(Halifax Region)* . .(902) 454-3674
Phone: *(Truro)* . . . .(902) 897-7355
Toll-free: 1-800-719-6643
(New Glasgow and area)

Kelly Home Care, A Division of Sitters R'US Limited

Kelly Home Care is a privately-owned Nova Scotian company, providing a number of services throughout the Halifax Regional Municipality. It provides LPNs, PCWs, home-makers and home support, companionship, and respite care. It also provides relief care to local hospitals and extended care facilities.

The company offers 24 hour service. In-home assessments are carried out by the director before a caregiver is placed in your home. All the caregivers are carefully and thoroughly screened, then selected.

The company's commitment is to provide you and your family with the highest level of care, to meet your individual needs.

For more information, contact:

Jaci Kelly, Director
6028 Hammond Road
Suite 216, Halifax, NS B3K 2R6

Phone: . . . .(902) 425-7727
Fax: . . . .(902) 455-1205
Website: www.sittersrus.attcanada.net

HomeCare Physiotherapy

Arthritis Society

West End Mall
6960 Mumford Road, Suite S13
Halifax, NS B3L 4P1

Phone: . . . .(902) 429-7025
Toll-free: 1-800-321-1433
Fax: . . . .(902) 423-6479
E-mail: info@arthritis.ca
Website: www.arthritis.ca

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- Post-operative Pain
- Migraine Headache

2551 Dutch Village Rd., Halifax, N.S.

453-4450

http://ahcns.phg.ns.ca

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Parkland Physiotherapy

The therapists at Parkland Physiotherapy specialize in the care of senior citizens. Located at Parkland Estates in Clayton Park West, the professional staff are ready to serve you. Whether you are trying to manage the effects of a disabling disease, are recovering from a traumatic injury or you are just an aging athlete, these services can help you. Services include:

- physiotherapy
- acupuncture
- exercise prescription
- massage therapy
- home visits

You can be seen within 24 hours of scheduling your appointment. Call today.

Phone: . . . .(902) 457-0234
Fax: . . . .(902) 457-8600

Progressive Home Physiotherapy

Cathy Donald is a physiotherapist who has worked extensively with senior citizens and has been a health expert to the CBC show Health Matters regarding seniors and exercise. Physiotherapy services in your home may include:

- assessing and recommending home equipment to increase your independence and safety
- designing exercise program to improve your movement, strength and balance.
- providing pain relieving treatments

Contact Cathy Donald today if you have any questions.

Phone: . . . .(902) 453-4328
Fax: . . . .(902) 454-2546

Respite Programs

Respite Care

Caring for the chronically ill or disabled persons often means that family members provide care for long periods of time. This is where respite care can be of assistance. The phrase "respite care" means the provision of care in a home for special care, for a maximum of 30 days, while the family caring for an individual takes a vacation and has a break from daily caregiving.

There are a number of homes for special care that provide respite or vacation beds. If you can pay for your respite care, you may contact the facility directly to make arrangements. If you do not have the means to pay, contact the Nova Scotia Department of Health at 1-800-225-7225. Staff will do a financial assessment to see if you are eligible for a government subsidy.

South Shore District

Harbour View Haven	(902) 634-8836
Mahone Nursing Home	(902) 624-8341
North Queens Nursing Home	(902) 682-2553
Queens Manor	(902) 354-3451
Shoreham Village	(902) 275-5631

South West Nova District

Nakile Home for Special Care	(902) 643-2707
Roseway Manor Inc	(902) 875-4707
Surf Lodge Community Continuing Care Centre	(902) 656-2014
Tidal View Manor	(902) 742-3541
Tideview Terrace	(902) 245-4718
Villa Acadienne	(902) 645-2065

Annapolis Valley District

Annapolis Royal Nursing Home	(902) 532-2240
Evergreen Home for Special Care	(902) 678-7355
Mountain Lea Lodge	(902) 665-4489
Wolfville Nursing Home	(902) 542-2429

Colchester East Hants

The Mira	(902) 895-8715

Cumberland

Bayview Memorial Health Centre	(902) 392-2859
East Cumberland Lodge	(902) 243-2504
Gables Lodge Limited	(902) 667-3501
High-Crest Springhill Home for Special Care Ltd.	(902) 597-2797
South Cumberland Community Care Centre	(902) 254-2540

Pictou County District

Maritime Odd Fellows Home (IOOF)	(902) 485-5492
Valley View Villa	(902) 755-5780

Guysborough Antigonish Strait Health Authority

Milford Haven Cooperation	(902) 533-2828
Port Hawkesbury Nursing Home	(902) 625-1460
R.K. MacDonald Nursing Home	(902) 863-2578

Cape Breton District

R.C. MacGillivray Guest Home Society	(902) 539-6110
Miner's Memorial Manor	(902) 736-1992
New Waterford Level 11	(902) 862-6411

Seaview Manor	(902) 849-7300
Taigh Na Mara Facility (CBHC)	(902) 842-3900
The Cove Guest Home	(902) 539-5267
Victoria Haven Nursing Home	(902) 849-4127

Capital District Health Authority (Central Region)

Duncan MacMillan Home for the Aged	(902) 885-2545
Dykeland Lodge	(902) 798-8346
Fairview Villa	(902) 443-1971
Glades Lodge	(902) 477-1777
Haliburton Place	(902) 792-2003
Melville Lodge	(902) 479-1030
Musquodoboit Valley Home	(902) 384-2220
Ocean View Manor	(902) 465-6020
The Birches	(902) 889-3474
Windsor Elms United Church Senior Citizens' Home	(902) 798-2251

Additional information is available from:

Licensing Coordinator
Long Term Care, Department of Health
P.O. Box 488
Halifax, NS B3J 2R8
Phone: . . . . (902) 424-5639
Fax: . . . . (902) 424-0558

Adult Day Programs

South Cumberland Community Care Centre Adult Day Programs

The adult day program is a Monday to Thursday program designed to meet some of the medical, physical, and social needs of individuals 18 years of age and over. The purpose of the program is to help people maintain their health, foster independence, and improve their quality of life so they may remain in their homes and community as long as possible.

Services include those of a social worker, occupational therapist and a dietician on site one day a week, access to physiotherapy, diabetic clinic, lab/X-ray as referred by a physician. Other aids and equipment for daily living are available as required.

A small fee may apply. The program serves Parrsboro and surrounding areas. For information, contact:

Debbie Fullerton or Brenda Roberts
South Cumberland Community
Care Centre
Parrsboro, NS B0M 1S0
Phone: . . . . (902) 254-2540

VON Annapolis Valley Branch Adult Day Program

The adult day centre provides programming to older adults with special needs in a supervised setting that includes: an opportunity for socialization and peer companionship, exercise program, therapeutic activities, nursing services, leisure activities, music, a nutritious meal and snacks and a qualified caring staff.

Monday, Wednesdays and Fridays (arrangements can be made for transportation).

For more information, please contact:
Robyn State-Taylor, Coordinator
Western Kings Memorial Health Centre
121 Orchard Street
Berwick, NS B0P 1E0
Phone: . . . . (902) 538-7844

Oakwood Terrace Adult Day Program

The adult day program operates Monday to Friday excluding holidays. The hours of operation are from 8:30 am–4:30 pm. The day program offers a friendly and stimulating environment for adults who are unable to be alone during the day. It also provides respite to the family caregiver from the demands of the care-giving role.

The program aims to promote and maintain the highest level of independence. The day program involves social and recreational programs that allow the participant to develop self-esteem, confidence, self-expression and the opportunity to maintain their current skills.

Program staff look forward to answering any of your questions or concerns.
For more information, please contact:
Shelly Luddington
Oakwood Terrace Adult Day Program
10 Mount Hope Avenue
Dartmouth, NS B2Y 4K1

Phone: ....(902) 469-2794 ext. 199

Fax: ....(902) 469-3824

E-mail: g.comeau@oakwoodterrace.ns.ca

Northside Harbourview Hospital Seniors' Day Program

The seniors' day program was established in 1982 as an outreach service for the Northside area to assist seniors (65 years of age or older) to maintain their independence in the community. Clients of the program are provided with day-time medical, nursing, rehabilitative, nutritional, spiritual, and psycho-social activities supplementing family care.

In addition there are exercise programs, crafts, religious services and special events. Hearing and speech, foot care and hair dressing services are also provided.

Transportation is provided for those who require it, along with a noon meal and snacks. Clients are charged $7.50 per day.

Referrals are accepted from physicians, health professionals, clergy or families. Hours of operation are 9:00 am–3:00 pm Monday to Friday, excluding holidays.

For information contact:
Heather Duff
Unit Manager, Senior's Day Program
Harborview Hospital
22 Richard Street
Sydney Mines, NS B1V 2H7

Phone: ....(902) 736-2831 ext. 140

Northwood Homecare Adult Day Programs

Social Day Program – this program is designed for individuals 50 years and over who may require some degree of assistance to maintain their independence in the community. Health monitoring, exercise programs, recreational activities, group discussions and counselling are some of the services available. A noon meal and snacks are provided. The program is held on Thursdays and Fridays from 8:30 am–3:00 pm.

For information contact:
Phone: ....(902) 454-3347

Day Support Program – this program is designed for individuals who are experiencing memory loss and confusion due to Alzheimer disease or other forms of dementia. The program provides flexible individualized programming, health monitoring and support for caregivers.

The program is available Monday to Friday 8:30 am–3:00 pm and includes a full noon meal and snacks.

For information:
Phone: . . . .(902) 454-3347

Geriatric Day Hospital QEII Health Sciences Day Centre

This program provides short-term outpatient rehabilitation for seniors by a team of health care professionals. Physicians referrals are required.

Camp Hill Veterans' Memorial Building
First Floor, 5955 Jubilee Road
Halifax, NS B3H 2E1

Phone: . . . .(902) 473-2493

Meal Programs

Nova Scotia Meals Network

The Nova Scotia Meals Network is made up of key resource people or contacts from the four regions of the province. The Network produces a directory of Meals on Wheels, Wheels to Meals, and Frozen Meals services. Copies are available from Spencer House Senior Centre (see contact information for Central Nova Scotia).

Eastern Nova Scotia
Joan Fownes, Dietitian
Victoria County Memorial Hospital
Box 220
Baddeck, NS B0E 1B0

Phone: . . . .(902) 295-2112
Fax: . . . . (902) 295-3432
E-mail: jfownes.vcm@erhb.ns.ca

Northern Nova Scotia
Clara MacKinnon, F.S.S
c/o Valley View Villa, RR#1
Stellerton, NS B0K 1S0

Phone: . . . .(902) 755-5780
Fax: . . . .(902) 755-3104

Western Nova Scotia
Vivian MacMillan
Box 427
Windsor, NS B0N 2T0

Phone: . . . .(902) 798-4913

Brenda Allen
VON Annapolis Valley Branch
Kentville, NS B4N 3V7

Phone: . . . .(902) 690-2118
Fax: . . . .(902) 690-2106
E-mail: pep@vonannvalley.ns.ca

Central Nova Scotia
Debra Dostal
Spencer House Senior Centre
5596 Morris Street
Halifax, NS B3J 1C2

Phone: . . . .(902) 421-6131
Fax: . . . . (902) 490-4460

Halifax Meals on Wheels

Meals are delivered in Halifax from Monday to Friday with the exception of Spryfield where deliveries are made on Monday, Wednesday, and Friday. ..

Meals are delivered at noon hour. Charge is $4. Meal consists of soup and crackers, meat and vegetables, bun/bread and butter, dessert.

If a person has food allergies or is diabetic they should provide that information when the referral is taken.

Referrals can be made by the client themselves, family members, doctors, etc.

Halifax Meals on Wheels
Volunteer Service
6036 Coburg Road
Halifax, NS B3H lY9
Phone: . . . .(902) 429-4299

Private Recipe Frozen Meals

With Private Recipe frozen meals, you can choose your own complete menu from a tempting array of main dishes, soups and desserts. Ask about special diets and pureed meals. Delivery is available.

For more information contact:

Meals And More
Amherst to Springhill, Nova Scotia
Dietitian, Susan Kastuk-Ridlington
Phone: . . . .(506) 536-8102

VON of Greater Halifax
Halifax residents
Phone: . . . . .902) 454-5755

Dartmouth residents
Phone: . . . .(902) 465-5578

VON Queens County
Liverpool
Phone: . . . .(902) 354-3249

VON Antigonish
Phone: . . . .(902) 863-5700

VON Tri-County Yarmouth
Phone: . . . .(902) 742-4512

VON Annapolis Valley
Phone: . . . .(902) 678-3415
Toll-free: 1-800-411-9646
Ask for PEP Program

Foyer Pere Fiset
Cheticamp, Nova Scotia
Phone: . . . .(902) 224-1598
(kitchen of the nursing home)
Phone: . . . .(902) 224-4014
(Heather Murphy, Dietitian)

Shelburne County Community Health Board

Seniors' Information Line
Phone: . . . .(902) 637-2667
Toll-free: 1-800-565-0397
in Lockeport Area

Private Medical Services

MobiliCare Inc.

MobiliCare Inc. offers blood collection, massage therapy, and electrocardiogram (ECG) services by registered and certified professionals. It also provides in-home blood collection ($23), massage therapy ($85), ECG ($30), and nursing ($37) services. MobiliCare is fully insured and incorporated.

MobiliCare provides a blood collection service at the following clinic locations and times. An appointment is required and the fee is $10.

Nelson Place
Spring Garden Medical Centre
5675 Spring Garden Road, Suite 200
Halifax
Tuesdays and Thursdays
8:00 am–12:00 pm
Phone: . . . .(902) 830-2273

Paddlers Cove Building
300 Prince Albert Road, Suite 130
Dartmouth
Wednesdays and Thursdays
8:00 am–12:00 pm
Phone: . . . .(902) 465-3202

Shoppers Drug Mart
278 Lacewood Drive
Halifax
Fridays 8:00 am–12:00 pm
Phone: . . . .(902) 830-2273

Shoppers Drug Mart
91 Tacoma Drive
Dartmouth
Mondays and Fridays
8:00 am–12:00 pm
Phone: . . . .(902) 830-2273

Shoppers Drug Mart
4 Forest Hills Parkway
Dartmouth
Tuesdays and Thursdays
8:00 am–12:00 pm
Phone: . . . .(902) 830-2273

Leona Burke's Blood Collection Services

Clinics

A blood collection service is available at the following clinic locations and times for $10. Appointments are recommended but walk-ins are also welcome.

Eastern Passage Pharmasave
Cow Bay Road
Phone: . . . .(902) 465-3558
Tuesdays, 7:00 am–11:00 am

The Family Focus Medical Clinic
Dartmouth Superstore
Phone: . . . .(902) 462-2038
Tuesdays, 5:00 pm–7:00 pm
Fridays, 8:00 am–11:00 am

Renova Health Services
Cole Harbour Place
Phone: . . . .(902) 435-3391
Mondays, 5:00 pm–7:00 pm
Thursdays, 7:00 am–11:00 am

King Medical Clinic
261 Pleasant Street
Dartmouth
Phone: . . . .(902) 463-1525
Fridays, 8:00 am–11:00 am

Woodside Pharmasave
205 Pleasant Street
Dartmouth
Phone: . . . .(902) 469-4309
Mondays, 8:00 am–11:00 am

The Family Focus Medical Clinic
Sackville Superstore
Phone: . . . .(902) 869-2038
Wednesdays, 7:00 am–11:00 am
Thursdays, 5:00 pm–7:00 pm

Home Visits
Home visits cost $20 and can be arranged by calling:
Phone: . . . .(902) 461-2391

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A STEP TO BETTER HEALTH

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Phone/fax: (902)
420-0610
Vogue Building, 1649 Barrington Street
Halifax, Nova Scotia B3J 1Z9

00134360

Foot Care

Comprehensive treatment of foot disorders is provided by chiropodists/podiatrists and a referral from a physician is not necessary.

Chiropody/Podiatry services are not covered by MSI but most private and employer health plans, and some government agencies, will partly or totally cover the cost. For treatment please contact your physician and ask for a referral to ensure the chiropodist or podiatrist is a certified member of a recognized association, such as the Maritime Association of Certified Chiropodists-Podiatrists.

Contact information may be found in your phone book under the heading of Podiatrists.

Equipment and Personal Aids for Seniors

Canadian Red Cross Society Health Equipment Loan Service

This program operates volunteer based loan depots throughout the province. Equipment generally carried in inventory are crutches, canes, walkers, wheelchairs, commodes, raised toilet seats and bathtub aids. Loans are free of charge and usually for up to 3 months. Donations are welcomed. The provincial depot is located at 1940 Gottingen Street, Halifax and can be contacted Monday to Friday, 8:30 am–4:30 pm, for specific equipment requests or for information on other depots.

For further information, contact:
Phone: . . . . (902) 423-3680
Fax: . . . . (902) 492-0544

Harding Medical Supplies

Harding Medical Supplies sells, rents and repairs a wide variety of health care equipment, from canes to home elevators.

For information, contact:
Harding Medical Supplies
5541 Russell Street
Halifax, NS B3K 1X1

Phone: . . . . (902) 453-6900
Toll-free: 1-800-565-1680

MTT

MTT offers a variety of equipment and services designed to provide telephone use for people who have hearing, speech, sight, or motion disabilities.

For more information on MTT's special needs equipment, contact:

Toll-free: 1-800-694-9313
Toll-free: (TTY/TDD) . . . . (902) 487-5999

Medigas

- Approved Vendor for the Nova Scotia Home Oxygen Program
- Accredited by the Canadian Council on health services accreditation
- Experienced Healthcare Professionals to aid you in your Home
- Oxygen and CPAP Needs Servicing Nova Scotia since 1969

1-800-363-9333

00130551

Easy Living Shops Canada Ltd.

Specialized clothing for seniors living in nursing homes, hospitals, manors, and in their own homes. Designed to be attractive and durable. Celebrating over 20 years service across Canada.

For further information or a catalogue, contact:

Easy Living Shops
Phone: 1-800-665-1976

Paula Chambers, NS Representative
Phone: . . . .(902) 686-0937

Personal Response Systems and Telephone Reassurance

Northwood Lifeline Personal Emergency Response Service

Northwood Lifeline, a not-for-profit personal emergency response service, has been providing peace of mind to seniors, the medically at risk, and their families for over 13 years. Offered to all communities in Nova Scotia through a large network of volunteer organizations, the service reassures individuals that help is sent at the push of a small waterproof button. Immediate voice contact with a caring 24 hour response centre that has all of your emergency information will summon the help you need. There are no minimum time restrictions and the cost is either $1.40/day or $1.50/day. Installation is $25.

NEW – Lifeline with Reminders
This Lifeline telephone has a special feature that allows you or someone you trust to program up to six reminder messages to help you remember take medications, keep appointments, exercise, eat well and participate in social events.

For a free brochure or demonstration contact:

Phone: *(Metro Halifax)* . .(902) 492-3346
Toll-free: 1-800-461-3346
Fax: . . . .(902) 421-6385

Medic Aid Response Systems

Canadian owned and operated, Medic Aid Response Systems has their headquarters in Halifax and operates across Canada, with representation from Vancouver to Newfoundland.

With a variety of equipment available to assist seniors maintain their independence and safety, Medic Aid's medical alarms can be installed within 24 hours. The latest in technology is used and the services are competitively priced at $28 per month for non-voice and $34 per month for voice units. Taxes are not included. The installation charge is $25 plus tax.

The bilingual and U.L.C. rated monitoring station provides 24-hour service and puts emergency services into action within seconds of receiving the signal from each unit. The product can be provided with either a wrist or a hanging waterproof pendant.

For further information or an obligation-free demonstration, contact:

Greg Lambert, President
Medic Aid Response Systems
Suite 201, 3681 Kempt Road,
Halifax, NS B3K 4X6
Phone: . . . .(902) 454-8877

Toll-free: 1-800-565-9135
Website:
http://www.MedicAid-Canada.com

MedicAlert and Canadian MedicAlert Foundation

MedicAlert provides first responders and health care professionals instant access to a member's personal and medical information in an emergency.

MedicAlert's lifetime service includes the protection of a customized bracelet or necklet, member ID number, 24-hour emergency hotline, available in 140 languages, anywhere in the world, a computerized member record, and wallet card.

MedicAlert cannot be purchased in retail outlets. Enrollment forms can be found in doctor's offices, clinics, pharmacies and hospitals, on the MedicAlert website or call the national office to enroll by phone.

May is MedicAlert's national awareness month.

For more information contact:
Canadian MedicAlert Foundation
2005 Sheppard Avenue East, Suite 800
Toronto, ON M2J 5B4

Phone: . . . .(416) 696-0267
Fax: . . . .(416) 696-0156
Toll-free: *(English)* 1-800-668-1507
Toll-Free: *(French)* 1-800-668-6381
E-mail: medinfo@medicalert.ca
Website: www.medicalert.ca

Northwood Telecare

Do you know of seniors or medically at-risk people who live alone? Would a daily telephone call help to reassure them? Do they live in the Halifax Regional Municipality? Is there a family member or friend who could be contacted if there is a problem? If the answer is YES, call Northwood Telecare today.

Northwood offers a free daily telephone call of reassurance for elderly and/or medically at-risk people who live alone in the greater Halifax Regional Municipality.

For more information:
Phone: . . . .(902) 421-6387

HOUSING

Grants and Loans — Nova Scotia Department of Community Services, Housing Services

The Department of Community Services, Housing Services, administers the following housing grants and loans:

- Access-A-Home Program
- Parent Apartment Program
- Senior Citizens' Assistance Program
- Home Adaptations for Seniors' Independence
- Small Loans Assistance Program
- Residential Rehabilitation Assistance Programs
- Family Modest Housing Program

For information or to apply for the programs, contact the Regional/District Housing Office nearest you, listed on page 74.

Some of Your Government Representatives

Barrington
Clark's Harbour
Lockeport

Neil LeBlanc MLA

ARGYLE

P.O. Box 68
Wedgeport, N.S.
B0W 3P0

Ph. (902) 648-0013
Fax (902) 648-2113

E-mail: leblancmla@klis.com

Ronald Chisholm MLA

Guysborough Port Hawkesbury

Guysborough, N.S.
Box 184 B0H 1N0

Ph. (902) 533-2676
Fax (902) 533-2677

Port Hawkesbury
Ph. (902) 625-3147

Email: ronchisholmmla@auracom.com

John Chataway MLA

Chester - St. Margaret's

Constituency Office:
76 highway #3, Hubbards
9:00am - 2:00pm
Monday - Friday

Ph. 857-5846
Fax 857-5848
Toll Free 1-877-782-2886

Email: chatawaymla@hfx.eastlink.ca

JOHN HOLM MLA

Sackville-Cobequid

51 Cobequid Rd. Site 105,
Lr. Sackville B4C 2N1

Phone 864-0396
Fax 864-8409

E-mail: hokaybel@ns.sympatico.ca

HON. GORDON BALSER MLA

P.O. Box 1827
Digby, N.S. B0V 1A0

Phone: 902-245-2220
Fax: 902-245-1946

Email: Gordon.D.Balser-MLA@ns.sympatico.ca

John MacDonell MLA

HANTS EAST

202 Highway #2
Unit 5 P.O. Box 330
Enfield, N.S. B2T 1C8

Ph. 883-7308
Toll Free
1-888-827-2212
Fax 883-7627

E-mail: john.macdonell@ns.sympatico.ca

Dr. Jim Smith MLA

Dartmouth East

63 Tacoma Dr.
Site 303, Dartmouth,
NS B2W 3E7

Ph. 435-6870
Fax 434-5099

Kerry Moragh MLA

QUEENS

P.O. Box 1750
Liverpool, N.S.
B0T 1K0

Ph. (902) 354-3538
Fax (902) 354-2851

Michel P. Samson MLA

RICHMOND

Richmond Industrial Mall
2nd Floor, P.O. Box 57
Louisdale, N.S. B0E 1V0

Ph. (902) 345-0778
Fax (902) 345-0779

E-mail: michelpsamson@auracom.com

Some of Your Government Representatives

Barrington
Clark's Harbour
Lockeport

WE WELCOME YOUR THOUGHTS AND CONCERNS

Liberal Caucus Office

5151 George St.
Ste. 1402, P.O. Box 741
Halifax, N.S. B3J 2T3

Wayne Gaudet
Interim Leader

Contact us:
Tel: 424-8637
E-mail: lco@gov.ns.ca
www.liberalcaucus-ns.com

The Hamm government understands that the many contributions made by seniors make Nova Scotia a better place to live.

Tim Olive

MLA

Dartmouth-South

135 Portland Street, Dartmouth, NS B2Y 1H9
Phone 463-1570
Fax 463-0086

www.timolive.com

Cecil Clarke, MLA
Cape Breton North
794-4060

Serving the Seniors of North Sydney, Sydney Mines and Florence

Maureen MacDonald MLA

Halifax Needham

Bloomfield Ctr.
2786 Agricola St.
Suite 201, Hfx., N.S.

Ph. 455-2926
Fax 455-3929

E-mail: macdonma@gov.ns.ca

Jerry Pye MLA

Serving the people of Dartmouth North

NDP Critic for Seniors Community Services, Housing and Municipal Affairs and the Disabled Persons Commission

461-6111 Fax 461-1885
25 Crystal Drive B3A 4L3
jpye@ns.sympatico.ca

Darrell Dexter

NDP LEADER

Leader's Office:
424-4134

MLA
Dartmouth-Cole Harbour

975 Cole Harbour Rd.
Dartmouth, NS B2V 1E8
Phone 462-5300
Fax 462-5306

E-mail: ddexter@ns.sympatico.ca

David Hendsbee

MLA
Preston

Constituency Office:
#3288-#7 Hwy., Unit 2
Lou's Mini Mall
Lake Echo, N.S.
B3E 1C6

Ph. (902) 829-2485
Fax (902) 829-3820
www.hendsbee.ns.ca

Geoff Regan MP

Constituency Office

1496 Bedford Highway
Suite 222, Halifax, N.S.
B4A 1E5

Ph. (902) 426-2217
Fax (902) 426-8339

Email: regan.g@parl.gc.ca
www.geoffregan.com

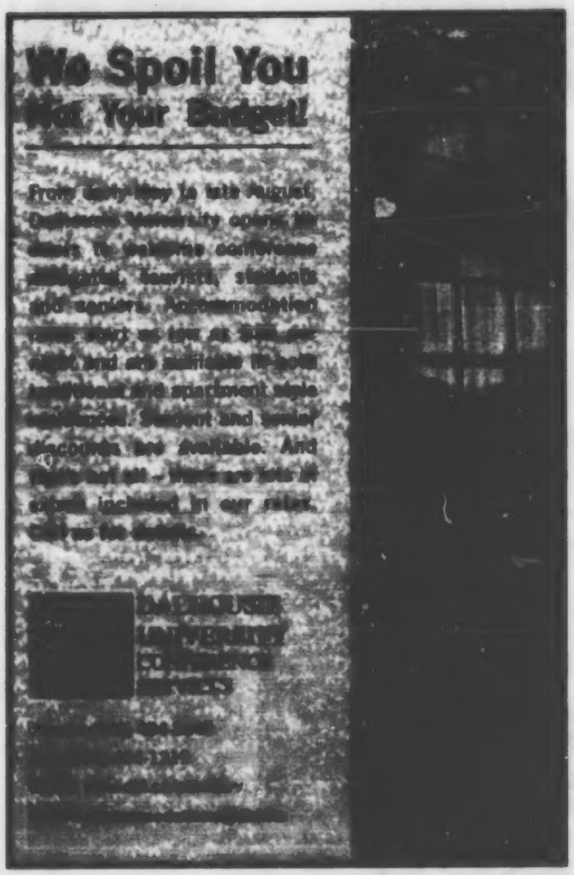
Access-A-Home Program

The Department of Community Services provides funds to adapt existing housing units to suit persons who use wheelchairs. Grants up to $3,000 are available for the removal of architectural barriers which limit the use of a wheelchair.

Parent Apartment Program

The Parent Apartment Program offers low interest loans to a maximum of $25,000 to create affordable housing accommodation for senior family members by additions, alterations, or renovations to a single family dwelling or the purchase of a garden suite.

To qualify, the parent means a person or persons, one of whom is 50 years of age or older, whose combined annual income is $20,000 or less.


We Spoil You
Not Your Budget!

The home must be the applicant's or parent's principal residence and outstanding charges on the property must not exceed 90 percent of market value after completion of the new unit. Up to 550 square feet of space can be renovated or added on. The loan must be secured by a first or second mortgage. The interest rate is six per cent with a repayment term of not more than 10 years.

Senior Citizens' Assistance Program (SCAP)

This program provides funds to assist seniors to carry out emergency repairs to their homes. Assistance may be provided to qualifying seniors who wish to remain in their own homes but who are unable to afford repairs required to allow them to do so. Up to a maximum of $3,000 may be available to qualifying seniors. Eligibility requires that the client or spouse be 65 years of age or over, have a combined annual income of $20,000 or less, own and reside in the dwelling for which the application is made, and not have received previous assistance.

The dwelling must be the principal residence of the applicant and be a single family unit including a detached or semi-detached unit, mobile home, or unit of row housing.

Home Adaptations for Seniors' Independence (HASI)

HASI was set up to assist low-income seniors who have difficulties with daily living activities in the home by providing financial assistance to home owners and landlords to carry out minor home adaptations. The assistance is in the form of a forgivable loan and the maximum amount available is $2,500. The forgivable loan is secured with a promissory note and the loan is forgiven during the 6 month forgivable period. This program is cost-shared between the Government of Canada through Canada Mortgage and Housing Corporation (CMHC) (75 per cent) and the Province of Nova Scotia (25 per cent).

Small Loans Assistance Program (SLAP)

The Small Loans Assistance Program provides low interest loans up to $20,000 for repairs, alterations or adaptions to single family homes and for completion or partial completion of a single family home. Recent changes aimed at speeding up the application process now make it possible to get a loan up to $3,000 through a promissory note.

Assistance may also be provided to homeowners and/or occupants of larger family homes to convert a portion of the home to a self-contained apartment unit.

Eligibility requires that the client own and reside in the dwelling, have a gross family income of $35,000 or less per year, have a good credit rating, and total housing indebtedness not exceeding 27 per cent of the gross family income defined to include principal, interest, and taxes. The dwelling must be the principal residence of the applicant and be a single family unit including a detached or semi-detached unit, a mobile home, or a unit of row housing.

Residential Rehabilitation Assistance Programs (RRAP)

This program offers financial assistance to households who own and occupy substandard housing to enable them to repair their dwellings to a minimum level of health and safety, offers financial assistance to homeowners and landlords to undertake accessibility work to modify dwellings occupied or intended for occupancy by persons with disabilities, and offers assistance to landlords of affordable housing to pay for mandatory repairs to self-contained units occupied by low-income tenants. This program is cost-shared between the Government of Canada through CMHC (75 per cent) and the Province of Nova Scotia (25 per cent).

Homeowners may qualify if the value of their house is below a specific figure, and if their household income is below established ceilings.

Eligibility is limited to properties lacking basic facilities or in need of major repair.

Landlords may qualify if the units/rooms being modified have pre- and post- RRAP rents at or below the median market rent for the local area. In addition, the property must lack basic facilities or require major repair. The units must be rented to people with incomes within certain limits. Landlords may also qualify if they are modifying a unit to suit a person with a disability.

Loans are available in amounts up to $12,000 forgivable and $6,000 repayable over a five year period for homeowners and up to $18,000 per unit for landlords forgivable over a period of up to 15 years.

Family Modest Housing Program

The purpose of the Family Modest Housing Program is to provide funds to lower and middle income families for the construction or purchase of modest housing or the renovation of existing owner occupied units.

Regional/District Housing Offices

Metro Regional Office
1496 Bedford Highway, Suite 304
Bedford, NS B4A 1E5
Phone: ....(902) 424-5110
Toll-free: 1-800- 774-5130
Fax: ....(902) 835-9141
Website: www.gov.ns.ca/coms/hous

Cape Breton Regional Office
Provincial Building
360 Prince Street, Suite 22
P.O. Box 1267
Sydney, NS B1P 5L1
Phone: ....(902) 563-2120
Toll-free: 1-800-567-2135
Fax: ....(902) 563-2370

Central Regional Office
176 Archimedes Street
P.O. Box 481
New Glasgow, NS B2H 5E5
Phone: ....(902) 755-5065
Toll-free: 1-800-933-2101
Fax: ....(902) 752-7133

Western Regional Office
166 Commercial Street
P.O. Box 1000
Middleton, NS BOS 1PO
Phone: ....(902) 825-3481
Toll-free: 1-800-564-3483
Fax: ....(902) 825-6560

Amherst District
144 East Victoria Street
P.O. Box 486
Amherst, NS B4H 4A1
Phone: ....(902) 667-1161
Toll-free: 1-800-933-2101
Fax: ....(902) 667-5679

Truro District
9 Church Street
Truro, NS B2M 3Z5
Phone: ....(902) 893-5999
Toll-free: 1-800-933-2101
Fax: ....(902) 897-1149

Bridgewater District
821 King Street, Suite 4
Bridgewater, NS B4V 1B7
Phone: ....(902) 543- 7336
Toll-free: 1-800-278-2144
Fax: ....(902) 527-1357

Seniors' Apartments, Public Non-Profit Housing

One and some two bedroom apartments are available in many locations across the province. Rent includes heat and hot water and is based on monthly income. All buildings have laundry equipment available for a modest fee. Information on the senior citizens' housing units is available through the seven housing authorities located in Nova Scotia.

Annapolis Valley Housing Authority
1005 Kentucky Court
New Minas, NS B4N 4N1
Phone: ....(902) 681-3179
Toll-free: 1-800-441-0447
Fax: ....(902) 681-0806

Cape Breton Island Housing Authority
18 Dolbin Street
P.O. Box 1372
Sydney, NS B1P 6K3
Phone: . . . .(902) 539-8520
Toll-free: 1-800-565-3135
Fax: . . . .(902) 539-0330

Cobequid Housing Authority
144 Victoria Street East
P.O. Box 753
Amherst, NS B4H 4B9
Phone: . . . .(902) 667-8757
Toll-free: 1-800-939-3996
Fax: . . . .(902) 667-1686

Eastern Mainland Housing Authority
176 Archimedes Street
P.O. Box 116
New Glasgow, NS B2H 5E1
Phone: . . . .(902) 752-1225
Toll-free: 1-800-933-2101
Fax: . . . .(902) 752-1315

Metropolitan Housing Authority
3700 Kempt Road
Halifax, NS B3K 4X8
Phone: . . . .(902) 420-6000
Toll-free: 1-800-565-8859
Fax: . . . .(902) 420-6020

South Shore Housing Authority
821 King Street, Suite 4
Bridgewater, NS B4V 1B7
Phone: . . . .(902) 543-8200
Toll-free: 1-888-845-7208
Fax: . . . .(902) 527-1357

Tri County Housing Authority
368 Main Street, Suite 206
Yarmouth, NS B5A 1E9
Phone: . . . .(902) 742-4369
Toll-free: 1-800-306-3331
Fax: . . . .(902) 749-1258

Home Maintenance

Home Energy Conservation Nova Scotia Department of Natural Resources

The Nova Scotia Department of Natural Resources provides a toll-free telephone line for Nova Scotians with questions about energy use in the home, including insulation, windows, heating systems and condensation, and energy conservation.

For information Monday to Friday, 8:30 am–4:30 pm, contact:
Phone: . . . .(902) 424-8144
Toll-free: 1-800-670-4636
Website: gov.ns.ca/natr/energy

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RETIREMENT MIRAMICHI
6 Ottawa Dr., Miramichi, NB E1N 2B7
Toll Free: 1-888-844-2001
Tel.: (506) 773-0820 Fax: (506) 773-0822
Email: retire@nbnet.nb.ca Web Site: www.mibc.nb.ca/retire

Retirement MIRAMICHI INC.

Nova Scotia Power Programs and Services

Nova Scotia Power offers a variety of special services that may be of interest to seniors such as the Automatic Payment Plan, the Third Party Notification Plan and the Power Smart Program.

For more information 8:00 am–8:00 pm, Monday to Friday, contact:

Toll-free: 1-800-428-6810

TDD: 1-800-565-6051

Website: www.nspower.ca

Home Energy Action Tips (HEAT)

HEAT provides easy and inexpensive solutions to reduce heat loss and access to the best publications available on reducing energy costs. You can also obtain advice from home energy efficiency experts.

Smart consumers should shop around for the best rate on home heating fuel. Call your local oil companies today to ask about their seniors' and general discounts.

For more information, contact:

Toll-free: 1-866-488-4328

Website: gov.ns.ca/natr/energy/homeheat

HEAT
HOME ENERGY ACTION TIPS

Coalition Support Services

This non-profit, community based, employment/training program offers services to seniors at reasonable rates: upholstery, furniture repairs and refinishing, and trucking (including moves).

For information contact:
Anne Parsons, Executive Director
Coalition Support Services
5522 Russell Street
Halifax, NS B3K 1X2

Phone: . . . .(902) 454-6405

Nova Scotia Home Builders Association (NSHBA)

The Nova Scotia Home Builders Association is a non-profit organization of independent home builders, renovators, and corporate members, working together as a group to improve the housing industry. The Renovators' Council, a sub-committee of the NSHBA, promotes professionalism in the renovation industry.

The Council offers an information package for seniors to help them renovate with peace of mind and confidence. The package includes a list of NSHBA members who are professional, reputable renovators, as well as information on questions to ask potential renovators and items that should be included in a written contract.

To request an information kit, contact:
Nova Scotia Home Builders Association
15 A Oland Crescent
Bayers Lake Business Park
Halifax, NS B3S 1C6

Phone: . . . .(902) 450-5554

Fax: . . . .(902) 450-5448

Toll-free: 1-800-668-2001

E-mail: nshba@nshba.ns.ca

Website: www.nshba.ns.ca

Private Housing Options

The Berkeley

Berkeley residences offer an unusually high level of service and commitment to seniors who value independent living. Staff and management are fully committed to providing extraordinary personal attention and service. The Berkeley allows for a worry-free independence with as much privacy as you wish. You'll find a full range of opportunities for socializing, entertaining and group activities.

The charm and attraction of The Berkeley can be found in the surroundings, private suites, dedicated, friendly staff on duty 24 hours, beautifully prepared meals, round the clock security, personal care assistance and respite care when needed. Staff nurses, driver and vehicle are available, as well as housekeeping and laundry services.

Call for more information, or a tour of The Berkeley Halifax (5266 Green Street), The Berkeley Dartmouth (35 Eisner Boulevard) or The Berkeley Bedford (Convoy Run).

Phone: . . . .(902) 429-2222

Parkland Estates

Active and independent seniors looking for an alterative to remaining in their home have another option — Parkland Estates Retirement Residence in Clayton Park West. Parkland Estates has been specifically designed for seniors who no longer wish to live in their own home

"The Berkeley offers retirement living at its best. I'd like to welcome you to visit one of our three beautiful buildings."
Carol Davis, R.N. Administrator

At the Berkeley, you'll enjoy retirement living to the fullest.
Please call today to make an appointment.

The Berkeley

Gracious. Independent. Retirement Living

Services and Amenities include:
• An exceptional caring staff on duty 24 hours
• Comfortable private suites • Full service meals
• Call bells in each unit • Registered staff nurses available
• Personal care assistance • Respite care when needed
• Housekeeping and laundry • Transportation and driver available • Close to shopping

For more information, please call

Halifax 429-2222
Dartmouth 434-9415
Bedford 835-6222

00135401

yet want to maintain their independent lifestyle.

Parkland Estates offers services that make daily living for seniors easier and allows them time to enjoy leisure pursuits. While friendly staff are busy cleaning and laundering for them, active seniors can fill their day with activities planned and scheduled by a full time recreation coordinator.

Knowing registered nurses are on duty 24 hours per day gives residents and their families the comfort, security and reassurance that someone is always there when needed.

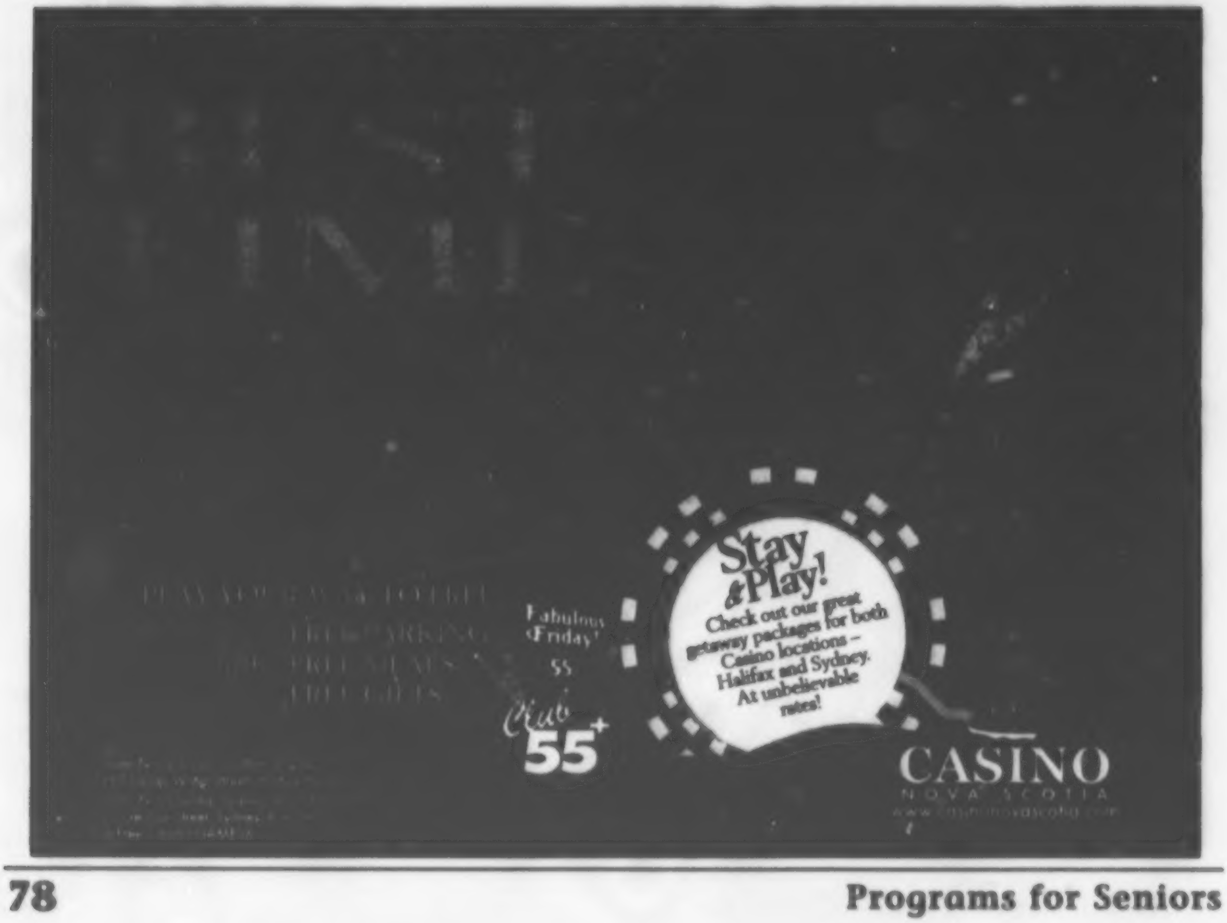
Parkland Estates offers two lifestyle choices: Independent Living in Aberdeen Hall and Assisted Living in Bradford Hall. It also offers short term and respite care facilities for individuals who may require interim care between hospital and home or a place to stay for a short while.

Call Parkland Estates for more information or a tour of the facilities.

Phone: . . . .(902) 457-0234

John Hugh MacKenzie Housing Co-operative

Located in the south end of Halifax, the John Hugh MacKenzie Housing Co-op is made up of 43 housing units. All occupants are 40 years of age and over. Originally designed for seniors, the unique apartment building contains 8 bachelor, 31 one-bedroom and 3 two-bedroom suites, all opening onto the large atrium common area in the middle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CASINO
NOVA SCOTIA

of the building. All units are fully accessible. Each home includes a stove, a frost-free fridge, and storage area.

Included in the rent are heat, lights and hot water. Other features include a security intercom entrance, lobby mail delivery, an elevator, individual storage lockers, laundry rooms on each floor, and underground parking for 13 vehicles at an extra charge.

The co-op operates a library and crafts room, workshop facilities, a meeting room, and an office.

Contact:
Phone: . . . .(902) 492-1808
Fax: . . . .(902) 461-1101

Victoria Hall

A beautifully decorated, historic residence for senior women who are still active and independent, but who may require basic support. Victoria Hall offers three floors of single rooms which are furnished by the residents and accessible by elevator. Room, board, staff support (including full time security staff), laundry service, cleaning, exercise classes, cable TV, social events and parking are provided for $1100.00/mth. Use of the foot clinic, hair salon and personal telephone are at the resident's own expense. Bus service near the front door.

VICTORIA HALL
A gracious residence for senior women since 1860.

Residents remain active and independent in an historic, home-like setting. We have three floors of single rooms which are furnished by the residents and accessible by elevator. Room, board, staff support, laundry service, cleaning, exercise classes, cable TV, social events and parking are provided at an affordable rate. Short term visits at a per diem rate are also available.

Contact:
422-3969
www.victoriahall.ca

Contact:
Administrator
2438 Gottingen Street
Halifax, NS B3K 3B9

Phone: . . . .(902) 422-3969
Fax: . . . .(902) 422-4701
Website: victoriahall.ca

Melville Heights

Melville Heights is a beautiful retirement residence overlooking the Northwest Arm. It has all the comfort, security and amenities for an active, independent lifestyle. Its mission is to provide you with the quality of life you deserve, safe, worry-free, leisure living.

Welcome To
Melville Gardens

11 RAMSGATE LANE
Halifax off Purcells Cove Rd.

Melville Gardens, a new assisted Living and Independent Living Facility with Respite and Vacation accommodations.

Melville Gardens caters to the Assisted Living and Independent Living residents. Melville Gardens is specially designed for elderly requiring supervision, assistance, and guidance in performing activities of daily living.

The need of elderly care is constantly changing and Melville Gardens is working hard towards fulfilling this goal. Melville Gardens is a care home that can provide a home-like atmosphere.

A good place to call "home" in your "golden" years!
For further information, please call
Irene Swindells at:
(902) 477-3313

The studio, one bedroom and two bedroom apartments are spacious and have full kitchen facilities. There are many amenities, activities, and conveniences included in the monthly fee.

If you are an active senior wanting to make the most of life, Melville Heights should be your home address.

For more information, contact:
Melville Heights
24 Ramsgate Lane
Halifax, NS B3B 2R6
Phone: . . . .(902) 477-3313

Haven Manor

Haven Manor, south end retirement home, has served the metro area with personal care and family life atmosphere since 1972. It is located at 6411 Coburg Road close to all amenities.

For a brochure and additional information, contact:
Phone: . . . .(902) 421-1167

Sunshine Personal HomeCare Inc.

The alternative lifestyle for those who can no longer live alone or do not wish to live alone. Share a home with two other adults and have your own private live-in attendant.

For an information brochure please contact:
Sunshine Personal Home Care Inc.
38A Withrod Drive
Halifax, NS B3N 1B1
Phone: . . . .(902) 479-3165

Northwoodcare Apartments

These cosy bachelor (for singles) and one bedroom apartments (for couples) offer older adults an opportunity to live to their fullest potential.

Available to seniors 58 years and older, the apartments are situated within Northwood complex. Services on site include a pharmacy, convenience store, gift shop, beauty parlour, barber shop and 24 hour nursing coverage for emergencies. Many activities and outings are available through the community centre.

For further information, contact the Admissions Department:
Phone: . . . .(902) 454-3335
Fax: . . . .(902) 455-6408

Special Needs of Deaf Seniors

Northwoodcare Apartments

Northwoodcare Inc. offers a unique living environment designed specially for deaf seniors. To meet the special needs of deaf seniors, the newly renovated floor includes visual signals, closed captioning, TTY telephones and time released appliances, as well as staff trained in sign language and deaf culture. Most importantly, it offers companionship and relief from the isolation that the deaf are so often subject to.

Residents are able to choose between independent living apartments and the personal care suites, for those requiring assistance with daily living. As well, residents can participate in the many programs and services offered at Northwood. Signing volunteers are available to assist with participation in scheduled activities.

To learn more about this unique opportunity, contact Northwood's Resident Services at:
Phone: . . . .(902) 454-3356

Gladys M. Manning Retirement Community

Located on College Road in Windsor, overlooking beautiful Pesequid Lake and the Kings Meadow, this scenic site comprises approximately 100 acres being developed by the Atlantic Baptist Senior Citizens' Homes Inc. as non-profit housing for seniors 55 years of age and over. Various housing and service options are available, as follows:

A 40-unit apartment building is designed to meet the needs of the independent senior. Meal service is available in the retirement residence.

A retirement residence with 24 apartments opened in January 1998 and offers a full range of enhanced services including meals (dining room service), housekeeping and general tenant assistance. The monthly rent includes two meals per day, utilities (heat, electricity, cable TV), housekeeping, tenant assistance and recreational facilities and programs.

For further information, please contact:
Gladys M. Manning
Retirement Community
530 College Road
Windsor, NS B0N 2T0

Phone: ....(902) 798-0441
(506) 858-7870
Fax: ....(506) 858-9674
E-mail: spencerhome@health.nb.ca

Kingsway Gardens Retirement Residence

Kingsway Gardens Retirement Residence is an enriched housing facility located in Windsor. The residence offers large studio apartments, one bedroom apartments, and wheelchair accessible apartments. It features wide corridors, beauty parlor, elevator, emergency generator, landscaped and garden areas, conference and activity centre.

Additional services such as meals, house cleaning, and transportation to out-of-town medical appointments are offered for an additional fee. Rates start at $1190 per month.

For more information, contact:

Phone: ....(902) 798-5075
Toll-Free: 1-877-898-2122
E-Mail:
kingsway.gardens@ns.sympatico.ca
Website: kingswaygardens.ns.ca

The Gladys M. Manning Retirement Residence
Windsor, Nova Scotia

Quality apartments overlooking beautiful Lake Piziquid and the King's Meadows

Offering dining with full table service overlooking the Valley, activities and exercise area, elevator, laundry services, several lounge areas and fireplace, outdoor patios, walking trail, local transportation.

Your rent includes two meals daily, housekeeping, linen change, heat, electricity, Cable TV, kitchenette with fridge and microwave, and the services of tenant assistant staff.

Affordable, quality retirement living!
For further information, phone **(902) 798-0441**
or write, 530 College Rd., Windsor, N.S. B0N 2T0

VISITING HALIFAX/DARTMOUTH

Receive true value with our Seniors Discounts and experience the comfort of our bright, spacious, air-conditioned rooms. Enjoy the convenience of your own kitchenette or dine in our licensed restaurant. Elevator equipped, free local calls, free parking and complimentary in-room coffee or tea.
Located minutes from most attractions in Halifax/Dartmouth.

Coastal Inn Concorde
379 Windmill Rd., Dartmouth 465-7777
1-800-565-1565

LEARNING OPPORTUNITIES

Libraries

Nova Scotia Regional Public Libraries Services for Seniors

Nova Scotia Regional Public Libraries offer a variety of programs and services to senior citizens. These programs and services include: large print books, special collections of information relating to the interests and concerns of seniors, books by mail service, book delivery services, talking books service, descriptive videos. Special library programs are offered which feature topics of interest to seniors. For more information, contact your nearest regional library.

Other Resource Libraries

Caregiver Resource Library
Nova Scotia Centre on Aging
Phone: . . . .(902) 457-6561

Alzheimer Resource Library
Alzheimer Society of Nova Scotia
Open Monday to Thursday,
9:00 am–5:00 pm and Friday
9:00 am–4:00 pm.
Phone: . . . .(902) 422-7961

Cancer Resource Library
Cancer Treatment and Research Foundation
Phone: . . . .(902) 428-4288
(902) 428-4200

Universities

Reduced Tuition

Several universities in Nova Scotia offer credit courses to seniors on a tuition-free or reduced-fee basis. They are as follows:

Acadia University
Wolfville . . . .(902) 542-2201
Reduced fee structure for all credit courses for seniors 65+.

Dalhousie University
Halifax . . . .(902) 494-2211
Tuition free for all undergraduate credit courses for seniors 65+.

Mount Saint Vincent University
Halifax . . . .(902) 457-6788
Free tuition for all undergraduate credit courses for seniors 65+.

Saint Francis Xavier University
Antigonish . . . .(902) 863-3300
Free tuition for all undergraduate credit courses for seniors 65+.

Saint Mary's University
Halifax . . . .(902) 420-5400
Free tuition for all undergraduate credit courses for seniors 65+ if already enrolled. New students will be charged the same tuition as other students.

Université Sainte-Anne
Church Point . . . . (902) 469-2114
60 per cent discount on tuition fees for seniors 60+ for all credit courses.

University College of Cape Breton
Sydney . . . .(902) 539-5300
Free tuition for seniors 65+ or pre-retired 60+ for all credit courses.

Nova Scotia College of Art and Design
Halifax . . . .(902) 494-8195

40 per cent discount on tuition fees for all credit courses for seniors 60+.

Atlantic School of Theology

Halifax . . . .(902) 423-6939

Free tuition to seniors 65+ for credit courses.

Mount Saint Vincent University

Master of Arts Family Studies and Gerontology

Mount Saint Vincent University is now offering a masters degree in family studies and gerontology. This program is for individuals who wish to pursue specialized scholarly study in the area of gerontology or family studies. Students will normally have completed a four year baccalaureate degree from a university in a social science area (e.g psychology, sociology, women's studies, family studies, gerontology, social work, etc) with a minimum B average. Undergraduate courses in statistics, research methods, and at least 5 courses in family studies or gerontology are required by all applicants. The masters program will require completion of 5 units, including a one-unit thesis. Students may apply for a fall or winter admission into the program.

Note: Mount Saint Vincent University does not offer graduate courses on a tuition-free basis for seniors.

Bachelor of Applied Arts Family Studies and Gerontology

The Family Studies and Gerontology Program offers two options:

- gerontology, which focuses study on issues related to aging
- family studies, which encompasses a study of individuals and families across the life course. Students are prepared for a variety of careers in the social welfare, aging, and family support sectors which focus on prevention, support and community development.

Graduates of this program are employed in family resource centres, transition houses, senior centres, long-term care facilities, and government departments which develop programs and policies related to families and individuals across the life course.

Certificate in Gerontology

Mount Saint Vincent University offers a certificate in gerontology program for individuals currently working or planning to work in the field of aging. Normally, students enter the program with at least five units of university credit, but others may be accepted on the basis of equivalent experience or training. The program is structured to meet the needs of part-time students and requires successful completion of six units of credit.

For more information, contact:
Admissions Office, MSVU
Bedford Highway
Halifax, NS

Understand Your Spirit Self and Heal Your Life

Ben Willemsen, teacher of human energy and the ways of the spirit world, and author of the highly acclaimed books, ***Don't Water the Stick: the Path of the Psyche*** and ***Beyond a Shadow: the Path of the Spirit*** (both available at your public library or through bookstores)

For further information call
Centre for Human Energy
Glen Haven, N.S.
(902) 823-1300 or visit
www.humanenergy.ca
00138840

Phone: ....(902) 457-6128

Saint Mary's University

Elderlearners

Elderlearners is an organization of seniors (55 years old and over) offering members an opportunity to become involved in lifelong learning. The group continues to educate themselves through a series of lectures and lunches every fall and winter on a wide variety of subjects of interest to seniors. Patterned on Universities of the Third Age in Europe, it encourages members to share ideas and become involved in third age learning. Elderlearners is sponsored by the Division of Continuing Education at Saint Mary's University. For more information, contact:

Elderlearners
c/o Wendy Fletcher, SMU
Division of Continuing Education
Saint Mary's University
Halifax, NS B3H 3C3

Phone: ....(902) 420-5492
Fax: ....(902) 420-5103

Acadia University

Acadia Lifelong Learning Centre (ALL)

The Acadia Lifelong Learning Centre (ALL) is a community-driven initiative of the Division of Continuing and Distance Education and provides quality educational opportunities for adults who are 50+. The ALL Centre was designed by and for the senior members of the community.

Courses are offered in the fall, winter and spring terms and these are held on the Acadia University campus. Course subjects range from history of the Acadians to conversational Spanish and culture.

These non-credit programs are offered once a week for two hours at a time and run between six and nine weeks in duration.

For more information contact:
Simone Jucker
Coordinator, Acadia Lifelong Learning Centre

Phone: ....(902) 585-1672
Fax: ....(902) 585-1068
E-mail: allinfo@acadiau.ca
Website: http://conted.acadiau.ca

Community Education Programs

Canadian International Career College Inc. (CICC)

CICC is located in Bridgewater and has a focus on continuing learning opportunities for seniors. Courses range from interest classes to introductory computer classes (e.g. Windows, internet, e-mail) to more advanced personalized custom training.

With the custom (1-on-1) training, bring a friend at no extra charge! As well, CICC can arrange for training to be done in the home.

Classes range in length from 2 hours to a few evenings or Saturday(s) depending on the course availability of the instructors and preferences of those attending. All seniors receive a discount from the usual class prices.

The college is open to ideas for seniors' classes. If it's feasible, the course will be presented.

CICC is a private career college, registered with the Department of Education.

Contact:
724 King Street Plaza
Bridgewater, NS B4V 1B4
Phone: . . . .(902) 543-9900
Toll-free: 1-800-572-2287
Fax: . . . .(902) 543-4363
E-mail: cicc@istar.ca
Website: www.ciccollege.com

Computers and the Internet

Community Access Program (C@P)

Looking for public internet access?

... somewhere to check your e-mail?

... check your stocks?

... check out a website?

With over 300 public access locations across Nova Scotia you won't have far to go. The Community Access Program (C@P) is a federal/provincial initiative, designed to create affordable access to the internet in communities across Canada.

For further information:
Toll-free: 1-800-268-6608
(8:00 am–8:00 pm)
Website: http://nsaccess.ns.ca/ca

Halifax Region Seniors' Multiple Point Access Program (HRSMPAP)

Community Access Programs specifically for seniors have been set up in the Halifax region. The HRSMPAP allows seniors to use the internet within these senior centres, and offers computer and internet training taught by seniors at an easy pace, in a friendly environment. Skills are shared through computer clubs in senior centres. Computers can be borrowed for home use during training sessions. For more information, contact:

Dartmouth Senior Services Centre
45 Ochterloney Street
Dartmouth, NS B2Y 4M7
Phone: . . . .(902) 465-5578

Rockingham Community Centre
199 Bedford Highway
Halifax, NS B3M 2J9
Phone: . . . .(902) 490-4686

Sackville Seniors Advisory Council
800 Sackville Drive
Lower Sackville, NS B4E 1R8
Phone: . . . .(902) 464-5591

Spencer House Seniors' Centre
5596 Morris Street
Halifax, NS B3J 1C2
Phone: . . . .(902) 421-6131

Spryfield Seniors' Society
South Centre Mall
16 Dentith Road, Box 41
Halifax, NS B3R 2H9
Phone: . . . .(902) 477-5658

Seniors Computer Training

Need help with your computer?

Want to learn more about the Internet and E-mail?

Get a local university student to help you with your computer. Best of all, we come to you!

"The instruction was invaluable... It was so much easier than learning it in a classroom... I was able to ask questions and they were answered in a very clear way." I.B. MacCready, SCP Client

An Industry Canada Youth Employment Strategy Program

To learn more, call 1.888.807.7777 Metro Halifax: 426.0566
Or visit: www.studentconnection.ns.ca

00136649

Student Connection Program

The Student Connection Program, a partnership between Holland College and the Industry Canada YES Program, provides seniors with training to help them make the most of the latest technology. Topics include:

- introduction to computers, the internet, and e-mail
- on-line banking and e-commerce

Instructors can provide either group training sessions or one-on-one instruction in your home. Call to inquire if the service is available in your area:

Phone:	426-0566
Toll-Free:	1-888-807-7777

Elderhostel

Elderhostel is an education-travel adventure organization with programs on every continent. At the Elderhostel program of your choice you can take courses and do field trips on a wide variety of subjects and join in extra curricular activities giving retired adults the opportunity to travel and learn at the same time. For information or for a presentation on Elderhostel, contact:

Joyce Kennedy, Director, Atlantic Region
Routes to Learning Canada
22 Woodlawn Road
Dartmouth, NS B2W 2R6

Phone:	(902) 434-9320
Fax:	(902) 435-7028

E-mail:Joyce.Kennedy@routestolearning.ca

LEGAL SERVICES

Legal Information Society of Nova Scotia

The Legal Information Society (formerly the Public Legal Education Society) provides Nova Scotians with information and resources about the law including wills, family, criminal, powers of attorney and many other legal topics. The society also supplies legal pamphlets and operates a speakers bureau.

For information contact:
5523B Young Street
Halifax, NS B3K 1Z7

Phone:	(902) 454-2198
Fax:	(902) 455-3105
E-mail:	lisns@attcanada.ca
Website:	www.legalinfo.org

Legal Information Line and Lawyer Referral Service

The society also operates a legal information line and lawyer referral service. Legal information is available between 10:00 am–3:00 pm Monday to Friday and 7:00 pm–9:00 pm Tuesday and Wednesday evenings, or you may leave a message.

Phone:	(902) 455-3135
Toll-free:	1-800-665-9779

Dial-A-Law

Dial-A-Law provides general legal information on a wide variety of topics using brief tape-recorded messages. Dial-A-Law is open 24 hours a day and the only cost involved is if the individual using the service is calling long distance. The service was created by the Nova Scotia Branch of the Canadian Bar Association and is sponsored by lawyers throughout Nova Scotia. To use the service:

Phone: . . . .(902) 420-1888

Finding a Lawyer

Lawyers are listed in the yellow pages of the phone book in alphabetical order and under areas of practice.

Legal Aid

Nova Scotia Legal Aid

There are 13 regional offices and three sub-offices in the province. Legal aid may be granted to a person on Social Assistance or in an equivalent financial position and where there is merit in providing legal assistance in certain areas of family and criminal law.

For more information, contact:

Office of the Executive Director/Administration

401-5475 Spring Garden Road
Halifax, NS B3J 3T2

Phone: . . . .(902) 420-3471

Regional Offices

Annapolis and Digby Counties	
Annapolis Royal	(902) 532-2311
Antigonish County	
Antigonish	(902) 863-3350
Cape Breton Island	
Sydney	(902) 563-2295
Colchester County	
Truro	(902) 893-5920
Cumberland County	
Amherst	(902) 667-7544
Halifax County	
Dartmouth (Family)	(902) 420-8815
(Criminal)	(902) 420-8818
Halifax North	(902) 420-3450/6565
Halifax South	(902) 420-6583
Hants County	
Windsor	(902) 798-8397
	(902) 798-8398
Kings County	
Kentville	(902) 679-6110
Lunenburg County	
South Shore/ Bridgewater	(902) 543-4658
	(902) 543-3044
Pictou County	
New Glasgow	(902) 755-7020
Southwestern Shore	
Yarmouth	(902) 742-7827

Sub-Offices

Guysborough County	
(contact Antigonish)	(902) 863-3350
Port Hawkesbury	
	(902) 817-0116
(or call Antigonish)	(902) 863-3350
Liverpool	
	(902) 354-3215
(or call Bridgewater)	(902) 543-4658

Dalhousie Legal Aid

Dalhousie Legal Aid provides legal services to clients in the Halifax/Dartmouth metropolitan Area who fall within its financial and case eligibility requirements. Dalhousie Legal Aid is affiliated with the law school of Dalhousie University.

For information contact:
Catherine Currell, Office Manager
Dalhousie Legal Aid

2209 Gottingen Street
Halifax, NS B3K 3B5
Phone: . . . . (902) 423-8105
Fax: . . . . (902) 422-8067

Other Legal Matters

Small Claims Court

The Small Claims Court provides a quick, informal and cost-effective method for deciding claims up to $10,000 (not including interest). It is not necessary for the person making the claim and the person whom the claim is against to have lawyers.

You can make a claim for up to $10,000 or for the return of goods valued up to $10,000. If your claim is for more than that, you can forego the extra and claim for $10,000.

You will only be able to claim up to $100 in general damages. This is included in the $10,000 limit. General damages include things like pain and suffering, and loss of enjoyment of life.

You cannot use this court for matters dealing with ownership of land, wills, landlord and tenant disputes, or for malicious prosecution, false imprisonment, or defamation (libel and slander).

Small Claims Court is less formal than other courts. The case is heard by an adjudicator, not a judge. The adjudicator is a lawyer. Small Claims Court is usually held in the evenings.

To start an action, you need to file a Notice of Claim. This form is available at the Small Claims Court.

To file your claim it will cost you:

- **$75 if your claim is less than $5000**
- **$150 if your claim is from $5000 to $10,000**
- **$75 if you are seeking the return of goods**

For more information about the Small Claims Court, contact the clerk in your area:

Amherst
Phone: . . . . (902) 667-5576
Fax: . . . . (902) 667-1108

Antigonish
Phone: . . . . (902) 863-7300
Fax: . . . . (902) 863-7479

Bridgewater
Phone: . . . . (902) 543-4679
Fax: . . . . (902) 543-0678

Kentville
Phone: . . . . (902) 679-5540
Fax: . . . . (902) 679-6178

Halifax
Phone: . . . . (902) 424-8722
Fax: . . . . (902) 424-0551

Pictou
Phone: . . . . (902) 485-6373
Fax: . . . . (902) 485-6737

Port Hawkesbury
Phone: . . . . (902) 625-4218
Fax: . . . . (902) 625-4084

Sydney
Phone: . . . . (902) 563-3550
Fax: . . . . (902) 563-0510

Truro
Phone: . . . . (902) 893-3953
Fax: . . . . (902) 893-6114

Yarmouth
Phone: . . . . (902) 742-4142
Fax: . . . . (902) 742-0678

Annapolis Royal
Phone: . . . . (902) 532-5462

Making Wills

The period following a death can be a highly emotional time. It is wise, then, to do some basic pre-planning to spare your friends and family from agonizing decisions, confusion, worry and legal entanglements by drawing up a will. It is advisable to have your will drawn up by a lawyer. The fee is minimal and well worth the investment. You can also write your own will without professional assistance. Standard forms are available at most stationery or office supply stores. You will need two competent adults, who are not mentioned in the will, or married to someone named in the will, to act as witnesses to your signing. The witnesses must be present with the testator and witness his or her signing of the will and sign as witness to the will in each others presence.

It is important that you keep your will in a safe place that is known to your executor. Your executor is the person you wish to handle your affairs after your death. As soon as there are significant changes in your estate, your will should be updated. If your will appoints no executor or if the executor, though appointed, is unable or unwilling to act, or if you die without leaving a will the Probate Court may appoint an "administrator" to administer the estate. Your next-of-kin resident in Nova Scotia is eligible for appointment by the court to be "administrator" or "administrator with will annexed"of your estate.

The Public Trustee is likewise eligible for appointment and may, on its initiative, apply to the Court for and be granted authority to administer your estate when others, who are eligible to do so have not applied. In certain circumstances, the Public Trustee may be entitled in priority to all other persons to apply for and be granted appointment as "administrator" or "administrator with will annexed". The Public Trustee may be appointed as executor by a will.

For further information contact:
Public Trustee of Nova Scotia
P.O. Box 685
Halifax, NS B3J 2T3
Phone: . . . .(902) 424-7760
Fax: . . . .(902) 424-0616

Power of Attorney

A power of attorney is a legal document giving another person authority to act on your behalf. The person you give power to is called the attorney. You are called the principal. You are still free to deal with property, bank accounts and investments. Illness, physical infirmity or some other reason may make you unable to deal with your affairs. You may give power of attorney to anyone who is 19 years of age or older. You should choose someone you can trust and who will carry out your wishes.

It is wise to have a lawyer draw up your Power of Attorney although you can draw up a Power of Attorney yourself, however, you should talk to a lawyer who can explain the legal consequences of giving power of attorney. The document must be witnessed. The witness should not be the attorney or the attorney's spouse. Enduring Power of Attorney will allow the agreement to continue even if you become mentally incompetent.

There is also a law called the Medical Consent Act which authorizes a person to give consent to medical treatment on your behalf. This must be in writing and witnessed.

You may cancel a Power of Attorney by giving notice to the attorney, it must be in writing and signed by yourself.

For further information contact:
Public Legal Imformation Society of
Nova Scotia

Phone: . . . .(902) 455-3135

Toll free: 1-800-665-9779

Nova Scotia Office of the Ombudsman

The Office of the Ombudsman is unique. When necessary it provides an independent, impartial and unbiased investigation into complaints against provincial and municipal government departments, agencies, and officials. As an independent and impartial office it does not act as an advocate for the complainant nor as a representative of the government. It is an office of last resort and as such will only formally investigate a complaint if a person has taken advantage of all avenues of appeal and/or redress that are available to them.

Nova Scotia Office of the Ombudsman
P.O. Box 2152
Halifax, NS B3J 3B7

Phone: . . . .(902) 424-6780

Toll-free: 1-800-670-1111

Fax: . . . . .902) 424-6675

Did You Know?

Just under three in twenty (13.5%) of Nova Scotians are aged 65 years or older. This amounts to 127,700 seniors out of a provincial population of 944,500.

NON-PROFIT AGENCIES, SERVICES, ASSOCIATIONS, AND SUPPORT GROUPS

Continuing Care Association of Nova Scotia (CCANS)

Continuing Care Association of Nova Scotia is a not-for-profit organization which represents facilities and service providers who address the needs of those in our society who need help with the daily tasks of living.

Member organizations serve clients such as the elderly with restricted mobility, and the adult physically and mentally challenged community. Member organizations may be facilities which offer residential care or organizations offering support services. There are approximately 50 members in the organization, all from the continuing care sector.

The organization's mission is to provide leadership and direction in the field of continuing care for all Nova Scotians through education, by advocating on their behalf and by supporting care-givers.

This is achieved by:

- sharing information on ways to enhance the quality of life for clients
- establishing standards for the industry and working to encourage their adoption to government
- educating and involving the public in the creation of quality care for our member's clients
- providing education on appropriate areas to staff at all levels of the industry

- lobbying government and working with government for improved working conditions and other conditions in the industry
- sharing information of general interest in our membership
- working with other organizations with similar objectives to achieve our primary goal

For further information please contact the CCANS Bloomfield Centre office at:
Debra Leigh, Chief Operating Officer
2786 Agricola Street, Room 119
Halifax, NS B3K 4E1

Phone:	(902) 453-2977
Fax:	(902)453-2967
E-mail:	ccans@ns.sympatico.ca
Website:	www.ccans.cjb.net

Nova Scotia Association of Health Organizations (NSAHO)

NSAHO's seventy-five plus members (representing 100+ organizations) come from a wide range of health and community service providers from across the province. These include the nine district health authorities, the I.W.K. Health Centre, over 50 continuing care providers (nursing homes, adult residential and regional rehabilitation centres, home care and home support agencies, group homes, small options), health care foundations, and community-based health providers.

Our main services include clinical engineering, education, human resources, insured benefits, NSAHO pension plan, and policy and representation. NSAHO provides other services and programs as needed, such as policy governance and transition services. Most NSAHO services operate on a fee-for-service basis, allowing members to choose the services that will truly meet their individual needs.

With its diverse membership from all areas of the health continuum and all regions of the province, NSAHO facilitates information sharing among providers and contributes system-wide provider perspectives to government and other health care agencies and associations. Non-member organizations who are providers of continuing care services may access the continuing care forum which is sponsored by NSAHO to facilitate networking and collaboration among continuing care providers across the province.

For more information contact:
NSAHO
2 Dartmouth Road
Bedford, NS B4A 2K7

Phone:	(902) 832-8500
Fax:	(902) 832-8505
Website:	www.nsaho.ns.ca

Family Caregivers Association of Nova Scotia

A newly formed provincial association dedicated to the recognition and support of those who are providing care to family or friends who are physically or mentally challenged, chronically ill, or frail elderly either at home or in a care facility. The Family Caregivers Association of Nova Scotia promotes education about the significance of the caregiver's role and their contributions to society, and advocates on their behalf. This association will address the needs and current gaps in the system, experienced by family/friend caregivers to all age groups.

For further information contact:
Family Caregivers Association
of Nova Scotia
5355 Russell Street
Halifax, NS B3K 1W8

Phone:	(902) 421-7390
Toll-free:	1-877-488-7390
Fax:	(902) 421-6313
E-mail:	fcgans@nwood.ns.ca

Association of Independent Health Care Services of NS

The Association of Independent Health Care Services of NS is an association duly incorporated in 1997 as a not-for-profit society comprised of private sector health service providers with a common idea that health services should be of the highest calibre to ensure the safety and protection of the public. The association hopes to work with the provincial government to legislate standards of health care services, at all levels.

Minor inconvenience today, major problem in the future...

Many people continue to put off the minor inconvenience of making a Will. But the consequences of not having a Will can be a major problem to the family and friends you leave behind.

We urge you to take action now... Your family will appreciate it. The charities you will support will appreciate it. And you will appreciate the peace of mind knowing your loved ones are taken care of.

Make your Will today.

Easter Seals
Planned Giving

For your free **Will Planner**,
call Susan Lankisch at
Easter Seals Nova Scotia
TEL: 902 453-6000

The Easter Seal Society Nova Scotia

The Association is committed to setting a safe standard for health service agencies, as well as monitoring the consistency in delivery of those standards. Members represent mainland Nova Scotia, and provide a variety of health care services.

For further information on this new and vital association please contact:
Carol Trites
P.O. Box 285
Hantsport, NS B0P 1P0

Phone:	(902) 684-1156

Abilities Foundation of Nova Scotia

Registered as a charitable organization since 1931, The Abilities Foundation is a cross-disability, province-wide non-profit organization serving children, teens and adults with physical disabilities in Nova Scotia. Its services include: assistive devices, job skills training centre, mobile medical clinics, recreation programs, polio survivors support group, and information and referred services. The Foundation has authorization forms available for reduced fare tickets for the railways. Also offered is a planned giving program, which offers significant tax benefits, the opportunity to provide for the future, and the ability to give a gift while maintaining your financial security.

For more information, contact:
Faye Joudrey, Coordinator
Community and Client Services
The Abilities Foundation of Nova Scotia
3670 Kempt Road
Halifax, NS B3K 4X8
Monday to Friday 8:30 am–4:30 pm
Phone: . . . .(902) 453-6000
E-mail: admin@abilitiesfoundation.ns.ca
Website: www.abilitiesfoundation.ns.ca

Alzheimer Society of Nova Scotia

The Alzheimer Society is committed to alleviating the personal and social consequences of Alzheimer disease and other dementia and to promoting the search for the cause and cures.

The society is a nation-wide health charity dedicated to helping individuals, family members, friends and caregivers affected by Alzheimer disease and other dementias. Its goals are to provide support to research into the causes and cures, education and support program, advocacy, fund development events, and resources services, which are accessible to all Nova Scotians.

The Society has education and support groups that offer telephone support and monthly meetings throughout Nova Scotia.

Through the Society's resource services, books and videos as well as free information packages are available.

For more details on how you can receive information and support, contact:
Alzheimer Society of Nova Scotia
5954 Spring Garden Road
Halifax, NS B3H 1Y7
Phone: . . . .(902) 422-7961
Toll-free 1-800-611-6345
Fax: . . . .(902) 422-7971
E-mail: info@alzheimer.ns.ca
Website: www.alzheimer.ca

Arthritis Society Nova Scotia Division

The Society is the only organization in Canada solely devoted to funding and promoting arthritis research, patient care and public education. Through its program of public education and information, the Society distributes factual material about the more than 100 different forms of this disease.

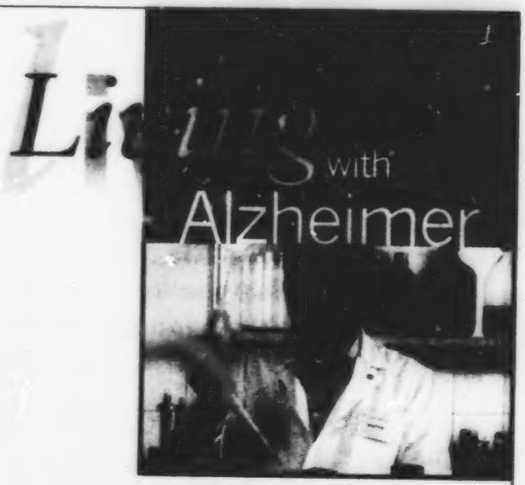
The arthritis self-management program helps people with arthritis learn how to manage their condition. The program costs $25 and includes a copy of *The Arthritis Helpbook*. Anyone with arthritis and/or their friends or family members can participate.

For information, contact:
Arthritis Society
West End Mall
6960 Mumford Road, Suite S13
Halifax, NS B3L 4P1
Phone: . . . .(902) 429-7025
Toll-free: 1-800-321-1433
Fax: . . . .(902) 423-6479
E-mail: info@arthritis.ca
Website: www.arthritis.ca

Canadian Cancer Society (CCS) Nova Scotia Division

The Canadian Cancer Society is a national, community-based organization of volunteers whose mission is to eradicate cancer and enhance the quality of life of people living with cancer. To achieve this mission, the Nova Scotia division and volunteer units throughout the province provide the following programs and services:

Health Promotion – 30 per cent of all cancers are caused by tobacco and 20 per cent of cancers are related to foods we choose to eat. The Canadian Cancer Society works with people in communities to reduce their cancer risk. Volunteers work with schools to provide healthy-lifestyle programs and classroom resources on healthy eating, SunSense and tobacco use. Volunteers work with community groups and participate in community events to raise public awareness about the importance of healthy lifestyle choices. The Canadian Cancer Society actively lobbies for healthy public policy that will enhance the lives of all Nova Scotians and reduce their risk of developing cancer.



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Patient Resources – Based on eligibility, the CCS helps cancer patients and their families with the financial burden cancer can inflict. The CCS administers a Department of Health drug assistance program to assist with the cost of medications—at present the CCS is transitioning this program back to the Department of Health. The CCS also offers assistance for boarding and transportation to medical appointments.

Supportive Care – The CCS offers a number of support programs throughout the province. Many of our programs are provided by cancer survivors—people who know. Participant involvement in our programs is always confidential. The Living with Cancer support groups are open groups for cancer patients and family members. Participants receive information and mutual support in a warm group environment. These groups typically meet one evening each month and often have guest speakers.

Reach To Recovery – Receiving a diagnosis of breast cancer can be a frightening and lonely experience. Talking to a woman who has survived breast cancer can be very comforting. Reach to Recovery volunteers offer peer support to newly diagnosed women in their homes, at the hospital or via telephone.

CanSurmount – offers support to people who have received a diagnosis of cancer (other than breast cancer) and can provide hope and comfort to patients through a home or hospital visit or via telephone.

Cancer Connection – This is a peer support program, which is in the preplanning stages within Nova Scotia. Peer volunteers offer emotional support to people diagnosed with cancer and their caregivers via the telephone. This program enables us to match patients and family members with others in similar situations. The program is free, accessible, confidential and responsive.

Patient Advocacy Program – This program was implemented fall of 2001. It allows volunteers to support patients and families in their journey through the cancer system by providing information, connecting with services and offering a link to systemic advocacy opportunities.

The Lodge That Gives – This is a 34-bed facility for people living with cancer and their families. Cancer patients can stay at the Lodge while undergoing treatments in Halifax. Family members are invited to stay at the Lodge while a loved one is in the hospital. The Lodge is open seven days a week. First time reservations can be made through: a cancer specialist, local representatives of the CCS or the booking clerk at the Halifax treatment centres.

Phone:	(902) 420-1849
Fax:	(902) 492-9248

Cancer Information Service (CIS) – The CIS is a toll-free information service staffed by caring professionals. The CIS provides information in both English and French and is open Monday to Friday from 9:00 am–6:00 pm. Individuals can call the CIS for information on how to reduce their risk of developing cancer, for information on cancer treatment options, alternative therapies, emotional support, information on specific types of cancer, and much more. The toll-free number is 1-888-939-3333.

Please call for more information about the Canadian Cancer Society, or to find out about the exciting volunteer opportunities.

Phone:	(902) 423-6183
Toll-free:	1-800-639-0222
Fax:	(902) 429-6563

Canadian Diabetes Association

The Association promotes the health of Canadians through diabetes research, education, service and advocacy. A retail diabetes supply centre provides for all your diabetes needs. Pharmacare, DVA, Maritime Life, Confederation Life, Assure Health, Mutual Life, and Blue Cross cards are accepted. Members have the use of two diabetes supply centres, the Diabetes Dialogue Magazine, the Nova Scotia Banter Newsletter, free educational seminars and literature on nutrition, exercise and control of diabetes. Diabetic cookbooks, menu planners and other literature are available for a charge.

For more information, contact:
Sandra Backman, Executive Director
Canadian Diabetes Association, NS Division
6080 Young Street, #101
Halifax, NS B3K 5L2

Phone:	(902) 453-4232
Fax:	(902) 453-4440

Canadian Mental Health Association (CMHA) Nova Scotia Division

CMHA NS Division exists to promote the mental health of all Nova Scotians while recognizing cultural diversity. Branches of the CHMA may provide informal social support for individuals of all ages who have had mental health problems; information about mental health services and resources; public education to encourage open minds and understanding; and advocacy for improved mental health services. For information contact:

Canadian Mental Health Association
Nova Scotia Division
63 King Street
Dartmouth, NS B2Y 2R7
Phone: .... (902) 466-6600
Fax: .... (902) 466-3300
E-mail: cmhans@netcom.ca
Website: www.cmhans.org

Contacts:
Shelley Joyce
Resource Development/Marketing Coordinator and Tanya Hendsbee-Administration Coordinator

Annapolis County
P.O. Box 249
Bridgetown, NS B0S 1C0
Contact: Marge Keast
Phone: (home) .... (902) 665-5234
(work) .... (902) 825-6511

Cape Breton
1482 George Street
Sydney, NS B1P 1P3
Contact: Michelle Deveau Hann
Phone: .... (902) 567-7735
Fax: .... (902) 567-7905
E-mail: cmhacbrh@cbhc.ns.ca

Colchester/East Hants County
573 Prince Street
Truro, NS B2N 1G2
Phone: .... (902) 895-4211
Fax: .... (902) 895-4027

Pictou County
P.O. Box 959
New Glasgow, NS B2H 5K7
Contact: Shelley Wood
Phone: .... (902) 925-2550
(902) 755-9441
Fax: .... (902) 755-3363
E-mail: blink@ns.sympatico.ca

Dartmouth
67 Octerloney Street
Dartmouth, NS B2Y 3Z9
Contact: Tony Myers
Phone: .... (902) 463-2187
Fax: .... (902) 469-9918

Halifax
2786 Agricola Street
Halifax, NS B3K 4E1
Contact: Carol Isenor
Phone: .... (902) 455-5445
Fax: .... (902) 455-7858

Kings County
326 Main Street
Kentville, NS B4N 1K6
Contact: Joyce Fisher
Phone: .... (902) 679-7464
Fax: .... (902) 679-7453
E-mail: outreach@valleyweb.com

Lunenburg County
25 Pleasant Street
Bridgewater, NS B4V 1M9
Contact: Brenda Peters
Phone: (902) 543-1147
(902) 543-1582
Fax: .... (902) 543-8332

Pictou County
P.O. Box 959
New Glasgow, NS B3H 5K7
Contact: Heater Lank
Phone: (office) . . . .(902) 755-9441
(902) 755-3363
E-mail: Lankehe@pictou.nscc.ns.ca

Nova Scotia Division
63 King Street
Dartmouth, NS B2Y 2T7
Phone: . . . .(902) 466-6600
Fax: . . . .(902) 466-3300

Canadian National Institute for the Blind (CNIB)

The Canadian National Institute for the Blind (CNIB) is a national voluntary agency providing services to individuals across Canada to whom loss of vision is a central problem in personal and social adjustment. CNIB also acts as a consultant and resource agency to the helping professions, government departments and private industry. The CNIB is committed to helping anyone with a vision problem that cannot be corrected using ordinary lenses and that significantly affects the person's ability to function. The CNIB uses a team approach in which staff, volunteers and clients work together towards a set of common goals. Our purpose is to help blind and visually impaired persons achieve the lifestyle they want, both at home and in the community.

To that end, CNIB offers seven core rehabilitation services, counselling and referral, rehabilitation teaching orientation and mobility training, vision rehabilitation, technical aid services, career development and library services. For more information, contact:

Halifax District/Western Nova Scotia and Colchester County
Canadian National Institute
for the Blind
6136 Almon Street
Halifax, NS B3K 1T8
Phone: . . . .(902) 453-1480
Fax: . . . .(902) 454-6570
Website: www.cnib.ca

Cape Breton/Antigonish and Pictou Counties
Canadian National Institute
for the Blind
235 Townsend Street
Sydney, NS B1P 5E7
Phone: . . . .(902) 564-5711
Fax: . . . .(902) 562-9802

The Salvation Army
Services to Seniors

Our purpose is to provide programs to meet the physical, emotional, social and spiritual needs of mature adults and to motivate them to develop their own unique ministry and gifts.

For more information please contact
Major Winnie Perrin at 902-455-1201, ext. 229
or email: winnie.perrin@sallynet.org

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19 Leverett Avenue, Kentville
B4N 2K5 (902) 678-1242

Canadian Paraplegic Association (Nova Scotia)

The Canadian Paraplegic Association (Nova Scotia) is a registered, not-for-profit organization whose mission is to assist persons with spinal cord injuries and other physical disabilities to achieve independence, self-reliance, and full community participation. The association supports efforts in prevention, education, rehabilitation and research. A comprehensive range of support services are provided by trained counsellors and community workers including information and emergency equipment loans.

For information contact:
Laughlin J. Rutt, Executive Director
Canadian Paraplegic Association
(Nova Scotia)
Suite S21, West End Mall
6960 Mumford Road
Halifax, NS B3L 4P1
Phone: . . . .(902) 423-1277
Fax: . . . .(902) 492-1213
E-mail: halifax@canparaplegic.org
Websites: www.canparaplegic.org
www.nsnet.org/cpans

Sydney
165 Townsend Street
Sydney, NS B1P 5E4
Phone: . . . .(902) 562-3291
Fax: . . . .(902) 562-2861

Heart and Stroke Foundation of Nova Scotia

The Heart and Stroke Foundation of Nova Scotia is a non-profit voluntary health organization whose mission is to further the study, prevention and reduction of premature death and disability from heart disease and stroke through research, education and the promotion of healthy living.

The Heart and Stroke Foundation of Nova Scotia offers a variety of programs and educational resources related to the prevention and treatment of heart disease and stroke to patients and their families and to the general public. Some of these current programs include: Living with Stroke, Heart to Heart, Heart Smart Nutrition Program and Restaurant Program, and Emergency Cardiac Care/CPR. Educational materials are free to individuals. Agencies requesting in bulk quantities pay a nominal cost-recovery charge.

For further information, contact:
Executive Director
Heart and Stroke Foundation
of Nova Scotia
204-5523 Spring Garden Road
Halifax, NS B3J 3T1
Phone: . . . .(902) 423-7530
Toll-free: 1-800-423-4432
Fax: . . . .(902) 492-1464
Website: www.heartandstroke.ca

Kidney Foundation of Canada

The Kidney Foundation of Canada is a national, volunteer organization dedicated to improving the health and quality of life of people living with kidney disease. Supported by the public and responsible for its beneficiaries, the Foundation funds research and related clinical education, provides services for the special needs of individuals living with kidney disease, advocates for access to high quality care, and actively promotes awareness of and commitment to organ donation.

For information, contact:
Ms. Marie Oxner, Executive Secretary
The Kidney Foundation of Canada
Nova Scotia Branch
1657 Barrington Street, Suite 235
Halifax, NS B3J 2A1

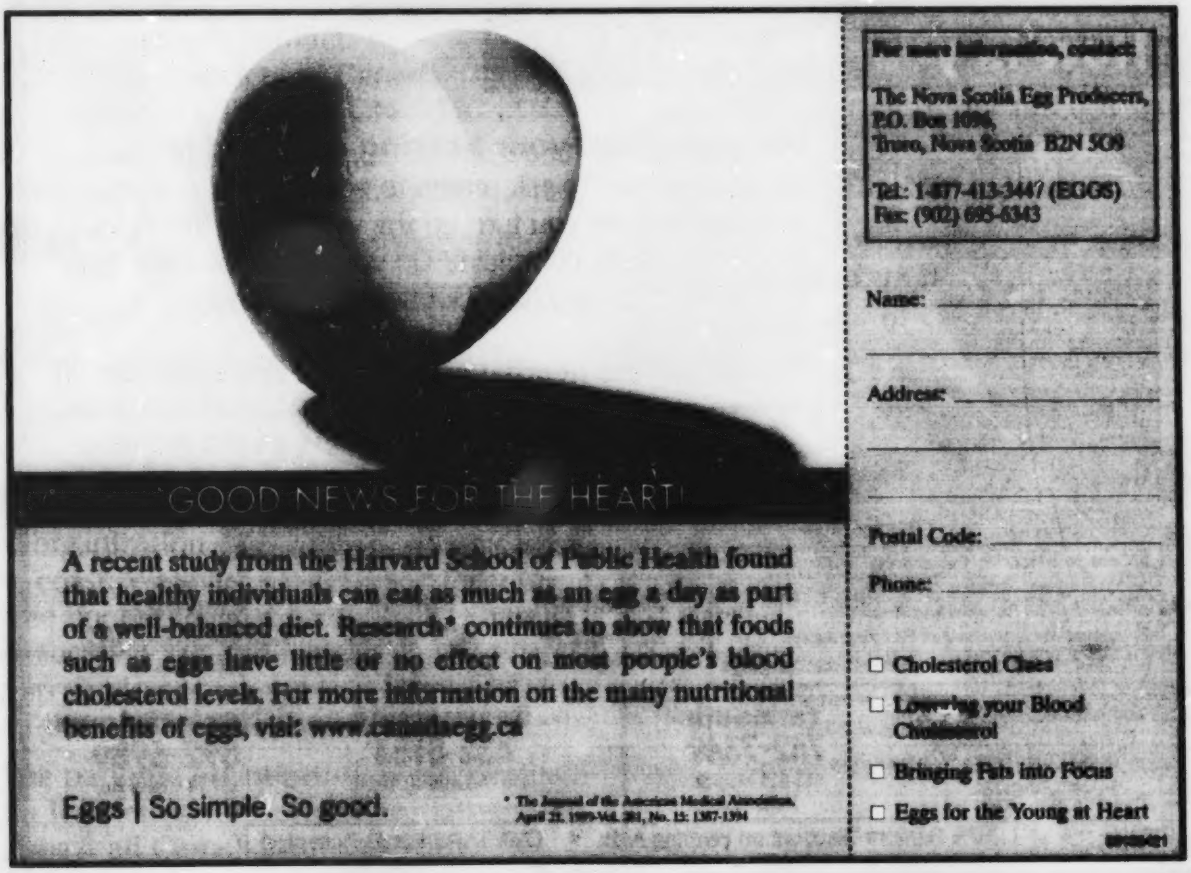
Phone: . . . .(902) 429-9298
Toll-free: 1-800-889-5557
Fax: . . . .(902) 425-5348
E-mail: kidneyfoundation@ns.sympatico.ca
Website: www.kidney.ca

Lung Association of Nova Scotia

The Lung Association of Nova Scotia is a registered charity combining the work of the Tuberculosis League (Halifax 1909) and the Asthma Society (amalgamation 1986). As a volunteer driven health charity, our fundraising activities provide resources to support our dedication to improve respiratory health and fight lung disease across the province through public education, research, patient services, and professional education for the medical community.

For information contact:
Bill VanGorder, President CEO
17 Alma Crescent
Halifax, NS B3N 3E6
9:00 am–4:00 pm, Monday to Friday

Phone: . . . .(902) 443-8141
Toll-Free: 1-888-566-LUNG (5864)
E-mail: info@ns.lung.ca
Website: http://www.ns.lung.ca


GOOD NEWS FOR THE HEART!

A recent study from the Harvard School of Public Health found that healthy individuals can eat as much as an egg a day as part of a well-balanced diet. Research* continues to show that foods such as eggs have little or no effect on most people's blood cholesterol levels. For more information on the many nutritional benefits of eggs, visit: www.canadaegg.ca

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* The Journal of the American Medical Association, April 21, 1999-Vol. 281, No. 15: 1387-1394

For more information, contact:

The Nova Scotia Egg Producers,
P.O. Box 1096,
Truro, Nova Scotia B2N 5G9

Tel: 1-877-413-3447 (EGGS)
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☐ Lowering your Blood Cholesterol
☐ Bringing Fats into Focus
☐ Eggs for the Young at Heart

Multiple Sclerosis Society of Canada Atlantic Division

The mission of the MS Society of Canada is to be a leader in finding a cure for multiple sclerosis and enabling people affected by MS to enhance their quality of life. The Atlantic Division raises funds to help support MS research as well as provide information, funding and support to those affected by MS. Please contact us for more information about special events, volunteer opportunities or services that we provide.

Atlantic Division
71 Ilsley Avenue, Unit 12
Dartmouth, NS B3B 1L5

Phone: . . . .(902) 468-8230
Toll-free: 1-800-268-7582
Fax: . . . .(902) 468-5328
E-mail: info.atlantic@mssociety.ca
Website: http://www.mssociety.ca

Muscular Dystrophy Association of Canada

A non-profit charitable organization whose mission is to generate the financial and human resources necessary to help people challenged by neuromuscular disorders today, while searching for tomorrow's cure.

The Muscular Dystrophy Association of Canada is working to combat over 40 neuromuscular disorders.

For further information about any of our disorders or the services that we provide, please contact:

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5991 Spring Garden Rd.
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1-800-565-5682
70 Exhibition St.

Bridgewater
543-0044
42 Glen Allan Dr.

Yarmouth
742-7349
615-625 Main St.
Suite #231

Summerside
432-8154
475 Granville St. North

Charlottetown
892-6989
27 St. Peters Rd.

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Muscular Dystrophy Association
of Canada (Atlantic Division)
1888 Brunswick Street, Suite 804
Halifax, NS B3J 3J8
Phone: . . . .(902) 429-6322
Fax: . . . .(902) 425-4226
E-mail: infoatlantic@mdac.ca

Osteoporosis Society of Canada

The Osteoporosis Society was established in 1982 to educate, empower and support individuals in the prevention and treatment of osteoporosis. We are a resource for patients, health professionals, the media and the general public who seek medically accurate information on the causes, prevention and treatment of osteoporosis.

For information, contact:
Osteoporosis Society of Canada
33 Laird Drive, Toronto, ON M4G 3S9
Phone: . . . .(416) 696-2663
Toll-free: 1-800-463-6842
E-mail: osc@osteoporosis.ca
Website: www.osteoporosis.ca

Parkinson Society Canada Maritime Region

(formerly Parkinson Foundation of Canada)

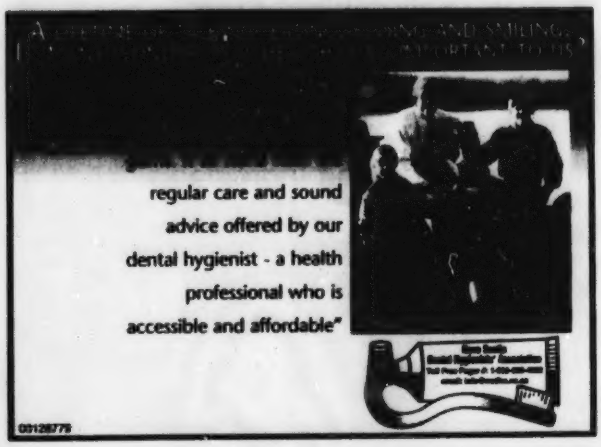
The Parkinson Society Canada is a national organization with partners from coast to coast. We share a collective vision to ease the burden and find a cure through advocacy, education, research, and support services to improve quality of life for all those affected by Parkinson's.

The national organization is responsible for leadership on national initiatives that impact all Canadians living with Parkinson's. This includes: advocacy and lobbying, developing information (including a national website) about Parkinson's for use across Canada, providing tools for regional partners to implement high quality support services, and actively funding research, movement disorder clinics and outreach programs across Canada.

The Maritime region provides information, support services and specialized programs in Nova Scotia, Prince Edward Island and New Brunswick. The Maritime Region offers Maritimers living with Parkinson's:

- free educational information materials on Parkinson's
- Maritime Parkinson Clinic
- newsletters on current happenings and items of interest
- educational forums
- monthly meetings in local self-help groups and chapters
- Parkinson April Awareness month activities.

For more information, contact:
Parkinson Society of Canada
Maritime Region



5475 Spring Garden Road, Suite 407
Halifax, NS B3J 3T2
Phone: . . . .(902) 422-3656
Fax: . . . .(902) 422-3797
Toll-free: 1-800-663-2468
E-mail:
parkinsonsociety@ns.sympatico.ca
Website: www.parkinson.ca

Chapter and Support Groups

For further information on chapter and support group meetings in Nova Scotia, call: 1-800-663-2468.

The Society has chapters and affiliates in the following Nova Scotia locations:

- Amherst/Springhill
- Antigonish
- Bear River
- Halifax/Dartmouth
- Kings County
- Lockeport
- Lunenburg/Bridgewater
- Sydney
- Truro
- Yarmouth

Psoriasis Society of Canada

The Society is an organization of support groups across Canada. Its aims are to:

- increase awareness of the disease
- form support groups across Canada
- consult with government to assist with programs and services
- encourage research programs

For information, contact:
Judy Misner, President
Psoriasis Society of Canada
P.O. Box 25015
Halifax, NS B3M 4H4
Phone: . . . .(902) 443-8680
Toll-free: 1-800-656-4494
Fax: . . . .(902) 457-1664
Website: www.psoriasissociety.org

Canadian Liver Foundation (CLF)

The Canadian Liver Foundation, founded in 1969, is a national charitable organization committed to combatting the over 100 types of liver disease that affect 1 in 12 Canadians. The CLF raises funds for research and education into the cause, diagnoses, prevention and treatment of liver disease through its 30 volunteer chapters across the country.

The Foundation provides many services for liver disease patients, their families, health care professionals and the public, including:

- education programs – such as Living with Liver Disease – based on the needs of patients and health care professionals
- information services including a 1-800 help line, website, and a variety of pamphlets on liver and biliary tract disease
- public awareness activities to create a better understanding of the liver, of who is at risk for liver disease and to promote prevention
- research grants to medical students and liver specialists to support the search for treatments and cures
- promoting organ donation awareness campaigns to increase the supply of organs for Canadians in need of liver transplants

For more information, contact:
Ms. Billie Potkonjak
Canadian Liver Foundation
Suite 1500, 2235 Sheppard Avenue East
Toronto, ON M2J 5B5

Phone: . . . .(416) 491-3353
Toll-free 1-800-563-5483
Fax: . . . .(416) 491-4952
E-mail: clf@liver.ca
Website: www.liver.ca

Halifax Chapter
Gina Lipton
Phone: . . . .(902) 423-38538
Fax: . . . .(902) 423-8811

Epilepsy Association of Nova Scotia (EANS)

The Epilepsy Association of Nova Scotia (EANS) is a non-profit, province wide organization that was established in 1980.

EANS provides support to approximately 9,000 Nova Scotians affected by epilepsy. Services include information, counselling, advocacy, education programs to schools and employers, scholarships, research grants, social functions, newsletter and resource library.

For more information, contact:
Deborah Boltz, Executive Director
Phone: . . . .(902) 429-2633
E-mail: eans@ns.sympatico.ca

Support Programs

Early Alzheimer Support Program

This program is for individuals diagnosed in the early stages of Alzheimer disease. This support group is lead by trained professionals with extensive experience with persons and families affected by a memory disorder. The program consists of eight sessions at the QEII Health Sciences Centre Camp Hill Veterans Memorial Building in cooperation with the Alzheimer Society of Nova Scotia.

For more information, contact:
Alzheimer Society of Nova Scotia
Phone: . . . .(902) 422-7961
Toll-free: 1-800-611-6345

Alzheimer Society of Nova Scotia Family Education Support Groups

The Alzheimer Society has 32 locations in the province that offer support and information to families. This information is available during monthly

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1-800-561-0000
[illegible]

meetings to assist families learning about Alzheimer disease and other dementia. There are occasional guest speakers, video presentations, and opportunities to learn from other family's experiences. In areas where meetings are not held, the volunteer community leaders provide telephone support.

For more information contact:
Alzheimer Society of Nova Scotia
Toll-free: 1-800-611-6345

Halifax Stroke Club

The Halifax Stroke Club is a self-help group for stroke survivors, family and friends which offers support and companionship. Members participate in games, outings and group discussions, as well as weekly exercises conducted by a professional physiotherapist. Meetings are held every Tuesday between 1:00 pm and 3:30 pm (accept during July and August) at the Senior Citizens Centre, 5755 Sackville Street. The group provides fellowship and understanding to help rebuild the survivors self-confidence and independence.

For more information, contact:
Halifax Stroke Club
5755 Sackville Street
Halifax, NS B3H 2C9
Phone: . . . . (902) 423-2861

PUBLICATIONS

Senior Citizens' Secretariat Newsletter

Information on seniors issues and events, locally and nationally. Printed four times a year.

Contact:
Senior Citizens' Secretariat
P.O. Box 2065
Halifax, NS B3J 2Z1

Phone: . . . . (902) 424-4737
Toll-free: 1-800-670-0065
Fax: . . . . (902) 424-0561

The Seniors' Information Directory and Buyers Guide

This bi-annual reference, in its 17th year of printing, offers a guide to services available to seniors. Articles may be submitted for publication.

Contact:
Lorne Urquhart
P.O. Box 468
Dartmouth, NS B2Y 3Y8
Phone: . . . . (902) 468-1081

The Seniors' Advocate

This bi-monthly newspaper, in its 17th year, addresses issues of concern to the 50+ market.

Contact:
Lorne Urquhart
P.O. Box 246
Waverley, NS B0N 2S0
Phone: . . . . (902) 468-5233

RECREATION AND LEISURE

Nova Scotia Sport and Recreation Commission

The commission's six regional representatives provide services and assistance to individuals, municipalities and partner organizations providing Nova Scotians with opportunities to participate in recreation activities.

Recreation Facility Development Grants help community organizations renovate or build recreation facilities for community use, while Community Development Grants support Seniors' games and help establish new programs.

For more information, please contact the following.

Sport and Recreation Commission
5516 Spring Garden Road, 2nd Floor
P.O. Box 864
Halifax, NS B3J 2V2
Phone: . . . .(902) 424-7512
Fax: . . . .(902) 424-0520
E-Mail: Daltonam@gov.ns.ca

Regional Offices

Cape Breton
Coleen Chisholm
380 Kings Road
Sydney, NS B1S 1A8
Phone: (office) . . . .(902) 563-2380
Fax: . . . .(902) 563-2565
E-mail: chishoco@gov.ns.ca

Central
Carol Davis-Jamieson
P.O. Box 864
5516 Spring Garden Road, 2nd Floor
Halifax, NS B3J 2V2
Phone: . . . .(902) 424-7622
Fax: . . . .(902) 424-0520
E-mail: davisjcm@gov.ns.ca

Fundy
James Campbell
101-35 Commercial Street, Suite 101
Truro, NS B2N 3H9
Phone: . . . .(902) 893-6215
Fax: . . . .(902) 893-6108
E-mail: jcampbel@gov.ns.ca

Highland
Gerard MacIssac
20 St. Andrews Street
Antigonish, NS B2G 2H1
Phone: . . . .(902) 863-7380
Fax: . . . .(902) 863-7477
E-mail: macisagx@gov.ns.ca

South Shore
Debby Smith
99 High Street, Suite 200
Bridgewater, NS B4V 1V8
Phone: . . . .(902) 543-5000
Fax: . . . .(902) 543-0676
E-mail: smithde@gov.ns.ca

Valley
Mike Trinacty
28 Aberdeen Avenue, Suite 2
Kentville, NS B4N 2N1
Phone: . . . .(902) 679-4390
Fax: . . . .(902) 679-6094
E-mail: trinacme@gov.ns.ca

Municipal Recreation Directors

Most municipal units in Nova Scotia have recreation commissions with a chair and one or more staff. The names of the staff directors/coordinators serving these commissions are as follows:

Cape Breton Region

Cape Breton County
John Fraser . . .(902) 563-5510/563-5515

Inverness County
Port Hood –
John Cotton . . . .(902) 787-2274

Port Hawkesbury – Jim Pyke	(902) 625-2591

Richmond County

Arichat– Clifford Boudreau	(902) 226-2400

Victoria County

Baddeck – Tom Wilson.	(902)295-3231

Highland Region

Antigonish Town Raff Henderson	(902) 863-3686
Antigonish County Marlene Melanson	(902) 863-1141
Canso – Vacant	(902) 366-2525
District of Guysborough Phil M. Hochman	(902) 533-3508
Mulgrave	(902) 747-2243
New Glasgow Bud Brown	(902) 755-8363
Town of Pictou Gerard MacIsaac	(902) 485-6057
Pictou County Cindy Fraser	(902) 485-8528
District of St.Mary's Steven Porter	(902) 522-2598
Stellarton David Hood	(902) 752-8944
Trenton Martin Bates	(902) 752-1019

Fundy Region

Amherst Red Faulkner	(902) 667-9557
Oxford Diane Gabriel	(902) 447-2189
Springhill Pamela Adams	(902) 597-3794
Colchester County Rosemary Wort	(902) 897-3155
Truro Doug MacKenzie	(902) 895-4484
Bible Hill Michelle Richard	(902) 893-8083
District of East Hants Linda Atkinson	(902) 758-2715
Parrsboro	(902) 254-2036

Central Region

Halifax Regional Municipality, Recreation and Leisure Services General Manager Programs	(902) 490-4734

Valley Region

Annapolis

Annapolis County Debra Ryan	(902) 532-2334
Annapolis Royal Grant Potter	(902) 532-7667
Bridgetown Bob Powell	(902) 655-2938
Middleton Deborah Pyne	(902) 825-5500

Kings

Berwick Craig Burgess	(902) 538-4016
Kentville Mark Phillips	(902) 679-2540
Kings County Bob Suffron	(902) 690-6124
New Minas Vacant	(902) 681-6972
Wolfville Janet Landry	(902) 542-2400

West Hants

Windsor Town	Angela Green	(902) 798-3910
Dist. West Hants	Kathy Kehoe	(902) 798-8391

Digby

District of Clare	Johann Lebans	(902) 769-2031
District of Digby	Larry Williams	(902) 245-5006

South Shore Region

Yarmouth

District of Argyle	Frank Grant, Acting Director	(902) 648-3379
Yarmouth	Jeffrey Gushue	(902) 742-8868

Shelburne

Clark's Harbour	Anna Kenney	(902) 745-0226
District of Barrington	Ray Green	(902) 637-2903
Lockeport	Cynthia Townsend	(902) 656-2216
Shelburne Municipality	Marilyn Johnston	(902) 875-3544
Shelburne Town	Jerry Locke	(902) 875-3873

Queens

Queens Municipality	Norman Amirault	(902) 354-5741

Lunenburg

Chester	Grace Taylor	(902) 275-3490
Bridgewater	Carol Pickings-Anthony	(902) 543-2274
Lunenburg Municipality	Carroll Randall	(902) 543-1354
Lunenburg Town	Robin Scott	(902) 634-4006
Mahone Bay	Derrick MacKenzie	(902) 624-9859

Recreation Nova Scotia

Recreation Nova Scotia exists to lead all Nova Scotians and communities towards healthier futures through advocacy and services that promote the values and benefits of recreation. Recreation Nova Scotia is a vibrant new organization resulting from a merger of the Recreation Association of Nova Scotia, the Recreation Council on Disability in Nova Scotia and Volunteer Nova Scotia. Our directory of programs and services includes:

- annual conference and awards
- $1,000.00 liability insurance programs
- workshops:
  - training leaders in activating inclusion workshops
  - volunteer training workshops
  - provincial volunteer week
  - annual lottery
  - Go for Green Fund
  - resource publications

Contact:
Recreation Nova Scotia
5516 Spring Garden Road, Suite 312
P.O. Box 3010 South
Halifax, NS B3J 3G6

Phone:	(902) 425-1128
Fax:	(902) 422-8201
E-mail:	rns@sports.ns.ca
Website:	www.rns@sports.ns.ca

YMCA of Greater Halifax/Dartmouth

The degree of independence you have in your life is directly related to how active you are in body, mind, and spirit. The YMCA offers a number of healthy lifestyle programs called Pryme Tyme which are designed specifically for older adults and taught by certified instructors.

These programs include Aquafit, Seniors Swim, 50+ fitness classes, Pryme Tyme Strength Training, Badminton, Tai Chi, Creepily Yoga, Social Dance, Aquacise for Arthritics, and Change of Heart (post heart attack fitness).

Phone: . . . .(902) 423-9622

It's Never Too Late For Weights

A strength training program for older adults. This program runs Monday, Wednesday and Friday mornings from 9:30 am–10:30 am. Experienced staff members design personal weight training routines for participants and oversee all activity.

Elderobics Association of Nova Scotia

Elderobics is a mild exercise program designed especially for men and women over 55 years of age, offered two and three times a week in 10 community locations: St. Andrew's United Church, Northwood Activity Centre, Emmanuel Church, Fairview United Church, St. John's United Church, Sir John Thompson Manor, Rockingham United Church, and St. Philip's Church in Halifax, Findlay Community Centre and Dartmouth North Community Centre in Dartmouth.

For further information about class times, registration, and class fees please call Jean Shaw at the YMCA:

Phone: . . . .(902) 423-9622 ext. 269

Elderobics Fitness Instructors' Specialty Workshop

Are you interested in Older Adult Fitness Certification?

A certification of participation will be issued to each participant in this workshop. If you complete an additional 8 hours of practical teaching in the Elderobics program and are favourably evaluated by a YMCA trainer of trainers you will be awarded a YMCA specialty certificate in Older Adult Fitness.

For information please call Jean Shaw at:
Phone: . . . .(902) 423-9709 ext.269

Walking Programs

There are a number of organized seniors' walking programs in Nova Scotia.

Barrington Recreation Department	(902) 637-3254
Tiverton Islands Super Seniors Digby Co.	(902) 839-2866
Westport Island Super Seniors Digby Co.	(902) 839-2604
L.A.M.P. Hants County Seniors Windsor	(902) 798-4913
North Mountain Walkers Granville Ferry	(902) 532-2658
Central Nova Volksport Club Truro	(902) 895-9344
Ticker Troop Dartmouth	(902) 466-5463

Northwood Broadcasting Club

Started in 1987, the Northwood Broadcasting Club (NWBC) is a radio station run by seniors for seniors. Reaching over 5,000 listeners on a daily basis, NWBC is an important source of information for older adults on health issues and leisure opportunities, while providing listeners with a wide variety of easy listening music.

NWBC broadcasts both in-house to Northwood residents via a closed circuit network and to residents living in the HRM and surrounding area over community television channel 10, courtesy of Eastlink.

For more information:
Northwood Broadcasting Club
2615 Northwood Terrace
Halifax, NS B3K 3S5

Phone: . . . .(902) 454-6922
Fax: . . . .(902) 455-6408

50+ expo
Life is What You Make It

50+ expo is a special forum in which people in the 50+ age group and their families can learn about products, programs and services available in today's marketplace. Of interest during expo are the exhibits, main stage entertainment, the hobbies/crafts area, and educational seminars. See the ad on page 10 for information on this year's expo.

For information, contact:
Valerie White, Chairperson
50+ expo
P.O. Box 2065
Halifax, NS B3J 2Z1

Phone: . . . .(902) 424-0065
Toll-free: 1-800-670-0065

Northwood's Harbourview Bar and Lounge

Northwood's Harbourview Bar and Lounge focuses on providing services for those fifty and older. Tastefully decorated, the lounge, snooker area and outdoor terrace make the Harbourview a popular spot to enjoy an afternoon or evening. Whether it be savouring a sundae or fruit smoothie on the terrace, dancing up a storm in the lounge, having lunch or enjoying a friendly game of snooker, the lounge has something for everyone! Catering is also available from the Harbourview. Birthday parties and other receptions are hosted. It is also possible

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to coordinate transportation using the new Northwood bus.

For further information and an up-to-date entertainment schedule, contact:
Michael Sutherland
Harbourview Bar and Lounge
2615 Northwood Terrace, Halifax.
Phone: . . . .(902) 454-3323

Nova Scotia Seniors' Art Gallery

The Gallery, a project of the Senior Citizens' Secretariat, is ongoing and is available to all persons 50+ who wish to participate. When one painting is sold, the artist is contacted and may replace it with another. The Gallery is located at the World Trade and Convention Centre, 1800 Argyle Street, Halifax and is open daily and weekends.

For further information, contact:
Valerie White, Executive Director
Senior Citizens' Secretariat
P.O. Box 2065
Halifax, NS B3J 2Z1
Phone: . . . .(902) 424-0065
Toll-free: 1-800-670-0065
Fax: . . . .(902) 424-0561

Nova Scotia Seniors' Photo Gallery

The Photo Gallery, a project of the Senior Citizens' Secretariat, is available to all persons 50+ who reside in Nova Scotia and who are interested in displaying or selling their works.

For further information, contact:
Valerie White, Executive Director
Senior Citizens' Secretariat
P.O. Box 2065
Halifax, NS B3J 2Z1
Phone: . . . .(902) 424-0065
Toll-free: 1-800-670-0065
Fax: . . . .(902) 424-0561

Ski Atlantic Seniors' Club

Membership is open to persons over 55 who have retired from full-time employment or have reached age 65. A fee of $165 per year entitles members to a ski area pass during weekdays (but not Saturdays or Sundays) at local ski resorts (Ben Eoin, Cape Smokey, Keppoch, Martock, Wentworth and the New Brunswick areas of Crabbe and Poley). Group lessons in Alpine skiing are available to beginners during arranged outings as well as through discounts with ski shops.

For more information, contact:
Mary Kitley, Membership Registrar
Ski Atlantic Seniors' Club
Site 4, Box 3B8
R.R. # 1, Tantallon, NS B0J 3J0
Phone: . . . .(902) 823-3024

Senior Skate Information

Bowles Arena & Gray Arena

Senior Skates
10:00 am–12:00 noon
Tuesday and Thursday
Admission $2

Halifax Forum

Begins 1st week of October

Senior Skates
12:00 noon–1:30 pm
Monday and Thursday
Admission $2

Adult Skates
12:00 noon–1:30 pm
Tuesday and Wednesday
Admission $2.50

Skate Clubs

Bedford Skating Club
Contact Louise Loriaux-Mathers
Phone: . . . .(902) 479-2523

Sackville Skate Club
Phone: . . . .(902) 864-9271

Dartmouth Figure Eights
Phone: . . . .(902) 435-0343

St. Margaret's Arena
Phone: (902) 826-2100

Nova Scotia Department of Natural Resources

In provincial parks with overnight camping facilities, seniors may stay at a reduced rate. The Department of Natural Resources has a brochure available which lists all of the provincial parks, including those that are wheelchair accessible. Seniors MUST purchase general sport fishing licences, but licences to hunt small and big game are free to seniors.

Salmon fishing is regulated by the federal government and requires that all seniors purchase licenses for that sport.

For more information on these, contact:
Department of Natural Resources
P.O. Box 698
Halifax, NS B3J 2T9
Phone: . . . .(902) 424-5935

Seniors' Centres

Information and Contacts

Seniors' Centres are places where older people may go to meet one another, receive services and participate in activities designed to enhance their dignity, support their independence, and encourage their involvement in the community.

Contact the following centres for more information on the programs and services in your area:

Metro Region

Spencer House
5596 Morris Street
Halifax, NS B3J 1C2
Phone: . . . .(902) 421-6131
Staff: Deborah Dostal

Northwood Community Centre
2615 Northwood Terrace
Halifax, NS B3K 3S5
Phone: . . . .(902) 454-3351
Director: Pauline Doucet Scott

Bloomfield Centre
2786 Agricola Street
Halifax, NS B3K 4E1
Phone: . . . .(902) 443-9610

Chebucto Links (West End Outreach)
St.Matthias Church Hall
c/o 2080 Windsor Street
Halifax, NS B3K 5B2
Phone: . . . .(902) 422-3525
Fax: . . . .(902) 422-9611
Staff: Jane Cowie or Valerie Connors

Rockingham Community Centre
199 Bedford Hwy.
Halifax, NS B3M 2J9
Phone: . . . .(902) 490-4686
Staff: Selina Cajolais

Dartmouth Seniors' Service Centre
45 Octerloney Street
Dartmouth, NS B2Y 4M7
Phone: . . . .(902) 465-5578
Fax: . . . .(902) 465-2755
E-mail: dartmouthseniors@ns.sympatico.ca
Staff: Dorothy Britten

Sackville Seniors' Advisory Council
Downsview Mall, Mezzanine Floor
P.O.Box 712
Lower Sackville, NS B4C 3V3
Phone: . . . .(902) 864-5591
Staff: Jackie Cajolis

Spryfield Senior Centre
South Centre Mall
16 Dentith Road
Halifax, NS B3R 2H9
Phone: . . . .(902) 477-5658

Ward 5 Community Centre
Douglas MacDonald
5540 Russell Street
Halifax, NS B3K 1X2
Phone: . . . .(902) 454-0019

Cape Breton Region

Louisbourg Fortress Club
Louisbourg, NS B0A 1M0
Phone: . . . .(902) 733-2041
Volunteer Contact: Iris Stevens

Steelworkers and Sydney Pensioners Club
30 Inglis Street
Sydney, NS B1P 6R2
Phone: . . . .(902) 539-3399

North Shore Region

Valley View Villa
R.R. #1
Stellarton, NS B0K 1S0
Phone: . . . .(902) 755-5780
Staff Contact: David Lank

Senior Citizens' Drop-In
Aberdeen Mall, 610 East River Road
New Glasgow, NS B2H 3S2
Phone: . . . .(902) 752-3700

Club 60
P.O.Box 1012
Antigonish, NS B2G 2L3
Phone: . . . .(902) 863-3649

Pictou County New Horizons Seniors' Centre
Front Street (Old Train Station),
Pictou, NS B0K 1H0
Phone: . . . .(902) 485-5538
Volunteer: Katherine MacKenzie

Greenfield Oldsters
R.R #5
New Glasgow, NS B2H 5C8
Phone: . . . .(902) 833-2524
Volunteer Contact: Alice Sutherland

Seniors' Information Centre
Hillcrest Manor
12 Manor Drive
Truro, NS B2N 6T1
Phone: . . . .(902) 895-2891

Truro VON Day Program
Johnson Manor
Phone: . . . .(902) 893-3803
Volunteer Contact: Janet Simms

Valley Region

L.A.M.P.
Fort Edward Mall, P.O.Box 427
Windsor, NS B0N 2T0
Phone: . . . .(902) 798-4913
Volunteer Contact: Vivian MacMillan

Berwick and Area Senior Citizens' Centre
Main Street
Berwick, NS B0P 1E0
Phone: . . . .(902) 538-7246

South Shore Region

Bridgewater Senior Citizens' Club
123A Empire Street
Bridgewater, NS B4B 2S2
Phone: . . . .(902) 543-0028
Volunteer Contact: Art Anderson

Sunnyside Senior Centre
High School, Chester Grant
Lunenburg County, NS
Phone: . . . .(902) 627-2961
Volunteer Contact: Alex Thorpe

Loyalist Senior Club
Mowatt Street North
Shelburne, NS B0T 1W0
Phone: . . . .(902) 875-3998
Volunteer Contact: Phyllis Seaboyer

Western Region

Bear River New Horizons Centre
Bear River, NS B0S 1B0
Phone: . . . .(902) 467-3025
Volunteer Contact: Thelma Buckler

Tiverton Drop-in Centre
Tiverton
Long Island, NS B0V 1G0
Phone: . . . .(902) 839-2738
Volunteer Contact: Bertha Ruggles

Freeport Drop-in Centre
Freeport
Long Island, NS B0V 1B0
Phone: . . . .(902) 839-2559
Volunteer Contact: Frank Thomas

Westport Drop-in Centre
Westport
Briar Island, NS B0V 1H0
Phone: . . . .(902) 839-2052
Volunteer Contact: Connie Bisson

Les Femmes Acadienne de Clare
P.O. Box 31
Saulnierville, NS B0W 2Z0
Phone: . . . .(902) 769-2471
Volunteer Contact: Edith Comeau-Tufts

Yarmouth Golden Age Club
10 Collins Street, (2nd Street Entrance)
Yarmouth, NS B5A 3C4
Phone: . . . .(902) 742-2925
Volunteer Contact: Mary Power

Nouveau Horizons de la Baronnie
Fire Hall
West Pubnico, NS B0W 3S0
Phone: . . . .(902) 762-2352
Volunteer Contact: Aline d'Entrement

Seniors' Clubs and Councils

Societies' Act

Senior Citizens' clubs, councils, and other organizations may become incorporated under the Societies' Act for a $35

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fee. For more information or to obtain an application form, contact:

Registry of Joint Stock Companies
9 North, Maritime Centre
1505 Barrington Street
P.O. Box 1529
Halifax, NS B3J 2Y4
Phone: .... (902) 424-7770

Access Nova Scotia
Toll-free: 1-800-225-8227

Senior Citizens Groups and Organizations Directory

This directory lists the Seniors' councils, clubs and organizations in Nova Scotia. Copies are available from:

Senior Citizens' Secretariat
1740 Granville Street
P.O. Box 2065
Halifax, NS B3J 2Z1
Phone: ....(902) 424-0065
Fax: ....(902) 424-0561
Toll-free: 1-800-670-0065

TRANSPORTATION

Seniors' Safe Driving Program

Nova Scotian motorists aged 65 and up can get a $40 discount on safe driving courses thanks to a program announced in September 2001 by Service Nova Scotia and Municipal Relations.

Safe driving courses are designed to help seniors stay safe behind the wheel. They will make seniors aware of how aging can affect their driving skills and how to compensate for these changes.

Any driver aged 65 or older can register for a safe driving course. Participation is voluntary and seniors do not have to take a course to keep their drivers license. The courses are educational and do not involve a road test.

Providing the course is offered by an approved training organization, the senior will only pay the portion of the course fee that exceeds $40. The training organization will receive a forty-dollar rebate direct from the government for each participant who completes the course. The discount will be deducted by the training organization when you register. You do not need to fill in any forms to request a refund.

A list of the approved training organizations nearest you is available through the website of Service Nova Scotia and Municipal Relations, Access Nova Scotia Centres and Registry of Motor Vehicles offices, and by calling the department's public enquiries line. The information is also available from the Senior Citizens' Secretariat.

Service Nova Scotia and Municipal Relations – Public Enquiries Line
Phone: ....(902) 424-5851
Toll-free: 1-800-898-7668
Website: www.gov.ns.ca/snsmr
(click on Motor Vehicles)

Senior Citizens' Secretariat
Phone: ....(902) 424-0065
Toll-free: 1-800-670-0065
Fax: ....(902) 424-0561
E-mail: SCS@gov.ns.ca

Nova Scotia Safety Council 55 Alive Safe Driving Program

55 Alive is a national mature driver refresher course. The course consists of 6 hours of classroom instruction only, commonly offered over two mornings. There are no tests nor any negative effect on the license.

For more information, contact:
The Nova Scotia Safety Council
Phone: ....(902) 454-9621
Fax: ....(902) 545-6027

Transport 2000

This is a volunteer consumer movement formed to promote public transport. The organization is involved in research, consumer advocacy and education, touching all aspects of public transportation in the Atlantic Provinces. Transportation is a central issue affecting seniors.

For more information, contact:
John Pierce
Transport 2000 Atlantic
Box 268
Dartmouth, NS B2Y 3Y3
Phone: ....(902) 469-3474
Fax: ....(902) 469-3637
E-mail: JK.Pearce@ns.sympatico.ca

Metro Transit

In the Halifax/Dartmouth/Metro area, Metro Transit offers a special fare policy for senior citizens. Seniors 65+, may

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For more information, contact:
Metro Info Line: . . . .(902) 490-6600
TDD Line: . . . .(902) 490-6645
Fax: . . . .(902) 490-6688
E-mail: MetroInfo@region.halifax.ns.ca

Access-A-Bus

Access-A-Bus is a shared ride, door-to-door, public transportation service for persons who are declared eligible through the registration process. The service is owned and operated by Transit Service, Halifax Regional Municipality. The Access-A-Bus service operates within the communities of Halifax, Dartmouth, Bedford and the suburban area of Sackville, Colby Village, Eastern Passage, Forest Hills, Herring Cove and the Bay Road area (i.e., within 610 metres of a transit route in the Halifax Regional Municipality.) Anyone wishing to apply for Access-A-Bus service must complete and return an application. Access-A-Bus offers a special fare policy for senior citizens. Seniors 65+, may receive a discount fare when purchasing a seniors' metro pass or 20-ticket sheet, or when paying a cash fare. For more information, contact:

Registration
(Monday to Friday, 8:30 am–4:30 pm)
Phone: . . . .(902) 490-6681

Scheduling
(Monday to Friday, 9:00 am–7:00 pm)
Phone: . . . .(902) 490-6999, press 1

Dispatch
(Monday to Sunday, 5:00 am–1:00 am)
Phone . . . .(902) 490-6999, press 2

TDD: . . . .(902) 490-6664
Fax: . . . .(902) 490-6664

DRL Coachlines Ltd.

DRL Coachlines Ltd. operates a scheduled motorcoach transportation service between Halifax and Yarmouth. For group travel, it offers special group charter rates for seniors' clubs and organizations. For more information, please call:

Phone: . . . .(902) 450-1987

Handi-Trans Transit Cape Breton

These lift equipment vehicles serve seven municipalities in Industrial Cape Breton.

For more information contact:
Transit Cape Breton
Cape Breton Regional Municipality
320 Esplanade Street
Sydney, NS B1P 1A8
Phone: . . . .(902) 539-8124

Volunteer Resource Centre Sydney

The Volunteer Resource Centre, Sydney, NS, coordinates and administers the following programs: Meals on Wheels, Each One Teach One, a friendly visiting service, transportation, and snow shovelling; and recruits volunteers for other agencies. It is a non-profit organization and a member of the United Way of Cape Breton.

For more information and referral, contact:
Kay Batherson
Phone: . . . .(902) 562-1245

Able Transit — Truro

Serves Truro and surrounding area through Disabled Consumers' Society of Colchester Co.

Phone: . . . .(902) 895-2110

Callow Wheelchair Buses Group Transportation

Group recreational transportation to accommodate individuals in wheelchairs as well as those unable to use conventional forms of transportation. A minimum donation is requested at time of placing an order for an outing.

For information contact:
Pat Fletcher, Executive Director or
Rosemarie Leblanc, Secretary
P.O. Box 33034
Halifax, NS B3L 4T6

Phone: . . . .(902) 422-9433

Canadian Red Cross Society Transportation Service

The transportation service provides free, door-to-door transportation to persons who require transportation to and from medical care (i.e. doctor's appointments, clinic attendance, day hospital, etc.). The service is available Monday to Friday in Halifax and Dartmouth cities only. There is no charge, but donations are gratefully accepted.

Phone: . . . .(902) 496-0103

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- Amish Country, Cape May & Philadelphia
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- Quebec City, Toronto & Niagara Falls
- Grand Manan Island Tour
- Magdalen Islands
- Cape Breton's Celtic Colours
- Newfoundland & Labrador's Viking Trail
- Gaspé & Quebec City
- Cape Cod, Newport & Boston
- New England Getaway
- Movie Country - The Canyonlands
- Canada Circle - The Trip of a Lifetime
- Coastal California
- A Taste of Autumn - Oktoberfest
- New Orleans and Cajun Country
- Branson, Graceland and Nashville
- Branson & The Ozarks
- Nashville Fan-Fair
- Festival of Lights
- Atlantic City & New York
- Nashville Country Christmas
- Bangor Shopping
- NASCAR - Winston Cup Series

Kings County Alternative Transportation Services Society (KCATSS)

A community-based transportation service that provides transportation to persons with disabilities and seniors living in Kings County, Nova Scotia. The service is delivered by using a team of volunteer drivers who use their own vehicles and are reimbursed mileage. We can also provide wheelchair accessible transportation.

Membership is open to any person with a disability or senior living in Kings County. A membership fee does apply as well as a user fee per trip. Please contact us for this information.

KCATSS relies on the community for support.

For more information, please contact:
35 Webster Street, Suite 201 and 202
Kentville, NS B4N 1H4

Phone: . . . .(902) 678-1218
Fax: . . . .(902) 678-1052
E-mail: ats@ns.sympatico.ca
Website: www3.ns.sympatico.ca/ats

Seniors' Wheel Association Bridgewater

Seniors' Wheel Association runs an eight-passenger, wheelchair accessible bus in and around the town of Bridgewater for senior citizens and disabled persons of all ages. The service is free and is sponsored by the Kiwanis Club of Bluenose Golden K on a volunteer basis. The bus runs every day and

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Online at www.gov.ns.ca/snsmr

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Service Nova Scotia and Municipal Relations
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www.gov.ns.ca/snsmr

some evenings on request. Clients are asked to phone one day ahead so that optimum use can be made of the bus.

Seniors' Wheel Association is pleased to share information on the formation and operation of their service with others interested in establishing a similar service.

For further information or to reserve the bus, contact:

Seniors' Wheel Association
P.O. Box 381
Bridgewater, NS B4V 2W9
Phone: ....(902) 543-2255
(answering service)

Shuttle Services

Nova Shuttle Service

Available for small group trips within the Halifax Regional Municipality. Personalized service, air conditioned units. Priced by the outing or can be chartered by the hour.

P.O. Box 3299
Dartmouth, NS B2W 5G3
Phone: ....(902) 471-6588

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Phone: ....(902) 829-3452
Website: www.provincialshuttle.com

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Toll-free: 1-800-742-6101

Health Care Shuttle

Health Care Shuttle provides return service (door to door) to Halifax. Drivers will escort/assist client in and out of hospitals, doctors offices if required, by appointment only.

For more information, contact:

Hugh Cameron
Health Care Shuttle
R.R.#2
Pictou, NS B0K 1H0
Phone: ....(902) 485-8710

Valley Drug Mart Health

Owners of the Health Care Shuttle offer a daily shuttle service to Halifax and return for patients having appointments with their specialists. All donations greatly appreciated.

For more information, contact:

Valley Drug Mart Health
26 Commercial Street
Middleton, NS B0S 1P0
Phone: ....(902) 825-4824

Regional Community Transportation Services

Regional community transportation services are available in many parts of the province. For more information, contact either the department of Service Nova Scotia and Municipal Relations or the service provider in your area.

Service Nova Scotia and Municipal Relations
Community Transportation Assistance Program (CTAP)
Municipal Services Division

Phone: . . . .(902) 424-2088

Fax: . . . .(902) 424-0821

Website: www.gov.ns.ca/snsmr/dialaride

Kings County Alternative Transportation Services Society (KCATSS)
Stephanie Vogler
35 Webster Road, Suite 201
Kentville, NS B4N 1H4

Phone: . . . .(902) 678-1218

Fax: . . . .(902) 679-1766

Dial-a-Ride Yarmouth
Bill Crawford
Handicapped Organization Promoting Equality (HOPE)
HOPE Center
P.O. Box 562, 84 Main Street
Yarmouth, NS B5A 4B4

Phone: . . . .(902) 742-8910

Fax: . . . .(902) 742-1281

Hants County Alternative Transportation Service Society of United Partnerships (WHATSSUP)
Tanya Sanford, Coordinator
P.O. Box 2618
80 Water Street
Windsor, NS B0N 2T0

Phone: . . . .(902) 792-1800

Fax: . . . .(902) 792-1801

Annapolis County Alternative Transportation Society (ACATS)
Vicki-Lynn Davidson
7 Faye Road
P.O. Box 193
Bridgetown, NS B0S 1C0

Phone: . . . .(902) 665-2919

Fax: . . . .(902) 665-4029

Dial-a-Ride Colchester
Terry LaPoint
Colchester Transportation Cooperative Ltd. (CTCL)
35 Commercial Street, Suite 201
Truro, NS B2N 3H9

Phone: . . . .(902) 897-4703

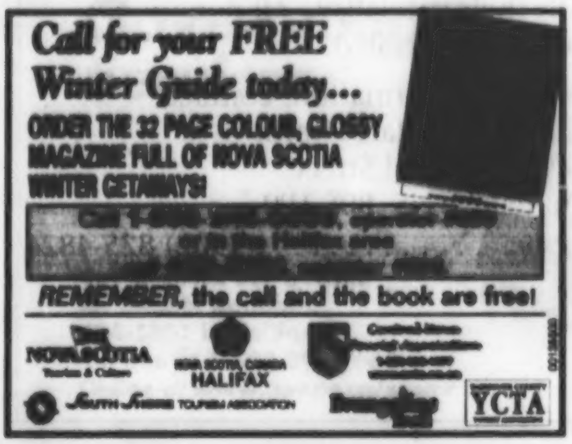
(dispatch) (902) 896-7433

Fax: 742-1281

Le Transport de Clare
Claredon Robicheau
Clare Organization Representing Disabilities (CORD)
RR # 1, PO Box 175
Church Point, NS B0W 1M0

Phone: . . . .(902) 769-2474/2980

Fax: . . . .(902) 645-3926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Central Highlands Association for the Disabled (CHAD)
Ron Levy
387 Meadowlark Drive
New Glasgow, NS B2H 1S2

Phone: . . . .(902) 755-1944
Fax: . . . .(902) 928-0512

VOLUNTEER OPPORTUNITIES

Volunteer Resource Centre

If you live in the Sydney area and are interested in becoming a volunteer, contact the following:

Phone: . . . .(902) 562-1245

Seniors' Goodwill Ambassador Program

The Seniors' Ambassador Program is part of a government project initiated in order to promote Nova Scotia at home and abroad by utilizing the skills of volunteers 50 years of age and older.

Having resided in Nova Scotia for many years, these ambassadors are well equipped to promote both the potential and positive aspects of their local areas as well as the beautiful province of Nova Scotia as a whole.

For further information, contact:

Seniors' Goodwill Ambassador Program
c/o The Senior Citizens' Secretariat
1740 Granville Street
4th Floor, Dennis Building
P.O. Box 2065
Halifax, NS B3J 2Z1
Phone: . . . .(902) 424-4737
Fax: . . . .(902) 424-0561
Toll-free: 1-800-670-0065

WEBSITES

Nova Scotia Senior Citizens' Secretariat
Get connected to provincial services, legislation, programs for seniors guide and other links:
www.gov.ns.ca/health/seniors/senior1.htm

Seniors Canada On-line
A comprehensive website for seniors related information in Canada. You may search for information regarding programs and services that are delivered by the Government of Canada, Provinces and Territories, and in the future by private and not-for-profit institutions:
www.seniors.gc.ca

Canadian Senior Citizens' Information and Service Centres
The intent of the centre is to provide Canadian senior citizens and their families with easy access to valuable information on programs, services, events etc. available to senior citizens:
www.infoseniors.com

Canadian Senior Years
A site specifically designed for Canadians over 50. Find the best information, news and Canadian site links available for seniors. In addition, a place is provided for seniors to gather and trade information through our e-mail pals, single seniors listings, discussion boards, senior web ring and talent page. Memorials can be posted at no cost. The site welcomes and will display any editorials or articles

sent that the editors feel would interest other seniors:
www.senioryears.com

Friendly4Seniors
An American information source devoted to helping seniors, their families and senior care professionals locate resources within a database:
www.friendly4seniors.com

Western Health Information Partnerships
The partnership that works for Western Nova Scotia:
http://www.ycn.library.ns.ca/hosp/whip

Division of Aging and Seniors Health Canada
Seniors information, current research projects on aging, and related links:
www.hc-sc.gc.ca/seniors-aines/

Seniors Newspaper
www.theseniortimes.com

Seniors Policies and Programs Database
www.sppd.gc.ca

Palliative Care Information
www.hc-sc.gc.ca/english/care.htm#longterm

Freedom Classifieds for Quality Used Disability and Health Products/Aids
http://freedom.nsnet.org

Nova Scotia Community Organizations Network
www.nsnet.org

Assistive Technology Centre
A great starting point into adaptive technology:
www.nsnet.org/atc

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WE NEED YOUR HELP

To help the Senior Citizens Secretariat improve future editions of *Programs for Seniors*, we'd like to ask you a few questions. Please take a few minutes to fill out this questionnaire and mail it to:

Nova Scotia Senior Citizens' Secretariat
P.O. Box 2065
Halifax, NS B3J 2Z1

Part A

Directions: ***Place an X in the box next to the word that best describes your opinion.***

1. How would you rate the usefulness of the information in Programs for Seniors?

☐ Not Useful ☐ Useful ☐ Very Useful ☐ Other ________________

2. How easy is it to locate the information you need?

☐ Not easy ☐ Easy ☐ Very Easy ☐ Other ________________

3. A. Is the style of printing easy to read? ☐ Yes ☐ No

B. Is the wording easy to understand? ☐ Yes ☐ No

C. Will you keep the guide for future reference? ☐ Yes ☐ No

4. What age category are you in?

☐ (65+) ☐ (50–64) ☐ (49–)

5. What is your main reason for using *Programs for Seniors*?

☐ I refer to it in my work within a government agency.
☐ I refer to it in my work within a non-government agency.
☐ To assist a family member or friend.
☐ To provide me with information for my own use.
☐ Other. *Please specify*: ________________________________

Continued on next page

Part B

Directions: *Please respond to the following questions in the space provided.*

5. Do you have any suggestions for improving *Programs for Seniors*?

☐ **Yes** ☐ **No**

If yes, please specify.

6. Is there additional information you would like to see included in future editions?

☐ **Yes** ☐ **No**

If yes, please specify.

Thank you for taking the time to complete this questionnaire.
Your answers and comments will be very useful in preparing
the next edition of *Programs for Seniors*.

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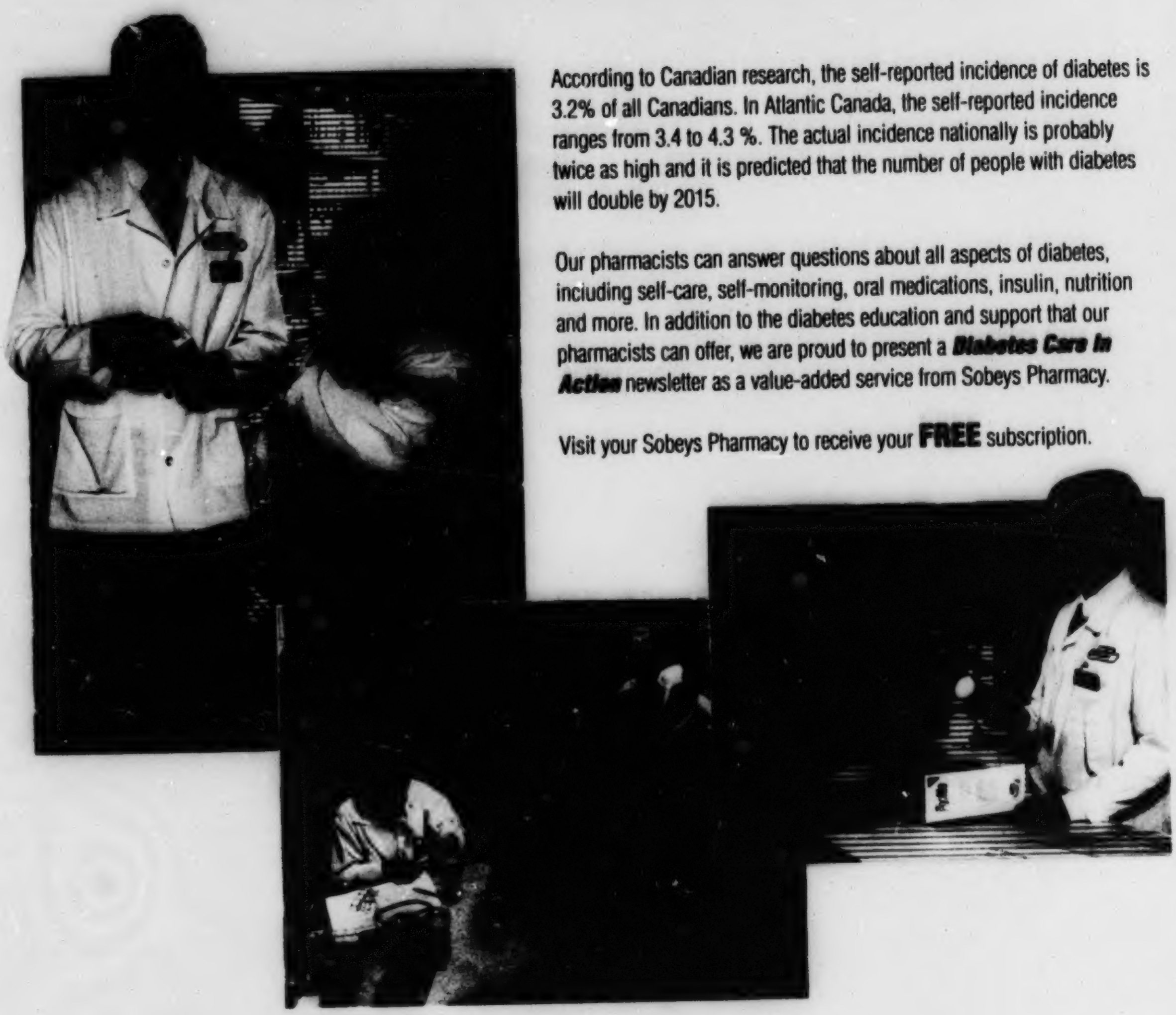
Pharmacy



According to Canadian research, the self-reported incidence of diabetes is 3.2% of all Canadians. In Atlantic Canada, the self-reported incidence ranges from 3.4 to 4.3 %. The actual incidence nationally is probably twice as high and it is predicted that the number of people with diabetes will double by 2015.

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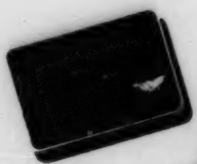

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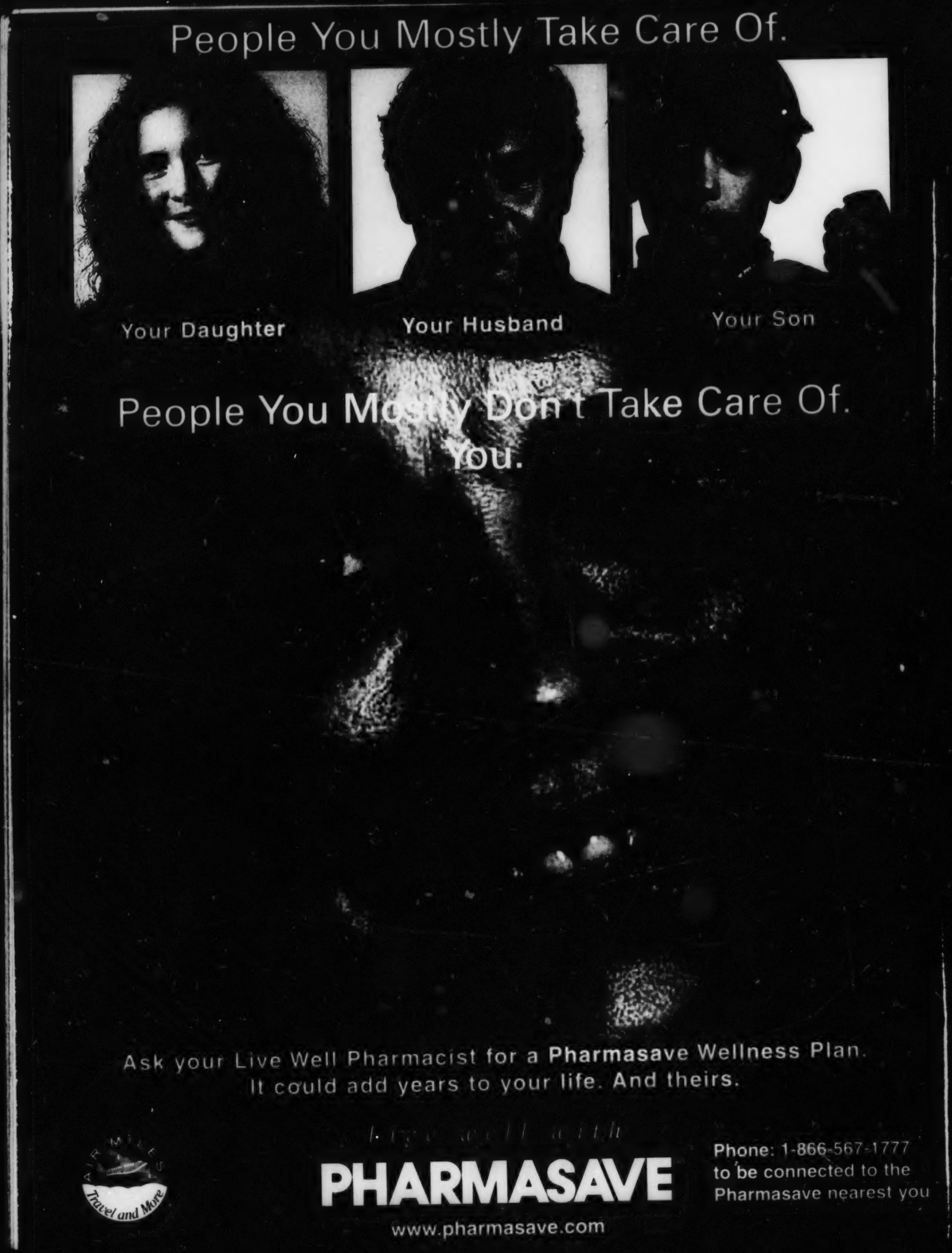

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Your Husband

Your Son

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